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KOS

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THREAT OF CLOSURE TO CARLTON CINEMA

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Westgate's Carlton Cinema has long been regarded as one of the isle's finest cinemas, but its future has been thrown into doubt by the announcement that owner Reeltime Cinemas has gone into administration

BY **TOM BETTS**

THE future looks uncertain for Westgate's Carlton Cinema.

The picturehouse's parent company Reeltime Cinemas has gone into administration and the three-screen venue will be sold if a buyer can be found. The company also owns the Kavanagh Cinema in Herne Bay, but the cinemas are likely to be sold separately.

Westgate-on-Sea ward councillor Simon Moores said he was shocked at the news.

"The cinema is a significant historical landmark for the town, not only as one of the biggest cinemas in Kent, but it is such a local institution," he said.

"This will come as a deep shock to the people of Westgate. It will be a very sad and deeply-felt tragedy if it were to close for good because it has been there for so long."

The cinema, in St Mildred's Road, is a hugely popular spot for the isle's film-goers.

Cllr Moores added: "It is well used and is so popular with the people here – we all have such great memories of the place and it would be a real blow if it closed for good.

"To lose the cinema would be like losing a very old friend and I'm sure many people would feel that way."

Mark Goldstein Associates have been appointed as administrators.

Reeltime also owned Dreamland Cinema, which closed in 2007.

The Carlton building was put up in 1910 as a town hall but was never used for that purpose. Instead it became Westgate Cinema and was renamed The Carlton in the 1930s.

It has since been designated as a Grade II-listed building.

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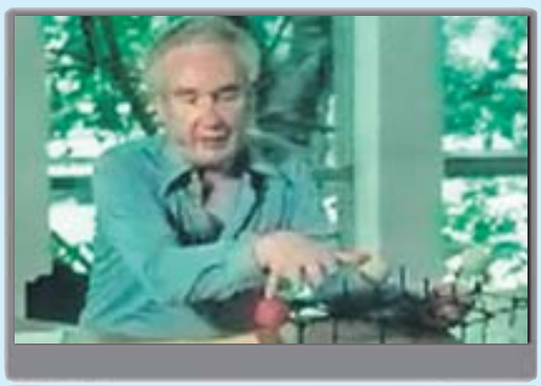
WHAT'S ON & WATCH

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TOP TV CLIPS



1 Lift the gloom with an aerial tour of the county.
See the community channel and search 'helicopter'



2 Kent's 'neglected' Nobel Prize winner explains his work.
See the community channel and search 'Nobel'



3 Banking on pupils learning how to handle their money.
See the community channel and search 'crunch'

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Blogger warned after criticising county hall TV

■ BY **TOM BETTS**

A MARGATE man who used his personal website to criticise Kent County Council has been threatened with legal action.

Isle 'blogger' Tony Flaig had made a series of critical observations about Kent TV, the county council's online TV channel, on his Bignews Margate site but was surprised to receive a letter from channel operator Ten Alps stating he might be subject to litigation.

In June last year, Jo Phillips, then Ten Alps director of communications, wrote that some of the Cliftonville track-worker's comments were causing concern.

She cited "inappropriate, unlawful and damaging defamatory allegations about Kent TV and the people who work there".

She went on: "If such unlawful material is published the entity/people defamed are entitled to initiate legal proceedings seeking damages and an injunction from the court."

Mr Flaig, whose story has been featured in the Rotten Boroughs section of satirical magazine Private Eye, believes his right to speak freely was being "trampled on".

He wrote to the county council, wanting to know if it had authorised the letter. He also asked Ms Phillips if she would like any content removed from his site, but she did not ask him to take anything down.

Mr Flaig has since asked for an apology but wants to know if, by criticising Kent TV, he defamed Ten Alps.

He said: "I don't think I've defamed them as I am being critical of KCC. I was only ever critical of KCC for running the channel at taxpayers' expense, but I don't expect an apology now."

Geoff Wild, KCC's director of law and governance, has acknowledged Mr Flaig's right to free speech but said: "This council welcomes comments on its policies from members of the public, but when those comments are addressed not at the council but towards independent third parties, then it ceases to have any control over the consequences and the actions that may be taken by those third parties."



RIGHT TO WRITE: Tony Flaig feels that his right to free speech has been 'trampled on'

Mr Flaig, who insists he takes a responsible attitude to blogging, suspended his posts in protest at the lack of a reply to a letter in which he demanded answers, although they have since been resumed.

A statement to Yourthanet by Ten Alps, which is part-owned by Bob Geldof, said the firm was "concerned that matters may be being taken out of context".

It said: "Mr Flaig published an item on his blog which we considered defamatory of Kent TV and its employees. We considered the inferences were damaging to our reputation and that of Kent TV's employees and that it was appropriate to write to him. No threat was made that Mr Flaig would be sued as a result of the posting.

"We did, entirely reasonably, indicate to Mr Flaig that we reserved the right to initiate legal proceedings should he publish any further defamatory assertions about Kent TV and its employees."

Ramsgate ferry service is due to start at end of the month

A FERRY service from Ramsgate to France will be launched this month, it has been confirmed.

Euroferries announced the Ramsgate-Boulogne route will commence on Tuesday, March 31.

The Bonanza Express will be the first vessel in operation, in partnership with Fred.Olsen Cruise Lines.

The service will cross the Channel four times a day.

The boat is a 96-metre Incat vessel and will take cars, foot passengers and coaches, with space for a limited number of freight vehicles and caravans.

Per Staehr, a former manager with the Maersk Group and Bombardier Transportation, has been appointed chairman and director.

Adrian Gillan has been appointed as another director, Geoffrey Ede will be operations executive and Paul Donert is the company secretary.

Delighted

Thanet South MP Dr Steve Ladyman expressed his delight at the news: "I'm delighted Euroferries have been able to put more information about their service in the public domain.

"By announcing the scheme has the involvement of Fred.Olsen, one of the most prestigious shipping lines in the world, and the leadership of Per Staehr, one of shipping's most respected figures, I hope they have answered a lot of the questions people have been asking about the new service.

"As I did when the original announcement of this service was made, I want to encourage local people to save our cheering until the service starts because these are incredibly difficult times to be launching a new business of this complexity and things could still go wrong.

"Having been closely involved with the team over several years and seen the work they have done in recent weeks I know it hasn't been easy.

"That said, the team have made excellent progress and they should be thanked for their efforts and commitment to Ramsgate and to this new service.

"It will be a major boost for the area and will really give the local economy a shot in the arm and I look forward to seeing the inaugural voyage."

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Japanese martial art needs shot in the arm

Club in danger as costs mount

BY **TOM BETTS**

A MARTIAL art that has a long-standing association with the isle could be dying out locally.

Members of the Iaido Club in Broadstairs are eager to find new members to join their number so they can keep the flame burning.

Costs of paying for their practice hall and the loss of members have dealt the club a blow and new people are now needed.

Instructor Richard Obbard, a builder from Broadstairs, said: "We need some new blood to get involved, or we'll have to call it a day."

He added: "We're a friendly bunch and would love to see some new faces at our practices."

The club belongs to the Dai Nippon Butoku Kai, the oldest martial arts body in the world, stretching back 600 years. Patrons have to be direct descendants of the Japanese Emperor.

The martial art was brought to the town by Fujii Okimitsu, who came over from Japan to spread the word.

"He was like a missionary," said Mr Obbard. "He lived in the area, above the Queen Charlotte pub in Ramsgate, for many years and we became friends. I'm sure he'd be disappointed if the club ceased to exist."



HISTORIC TRADITION: Iaido is a non-contact Japanese martial art which is said to focus the mind and body

On the benefits, Mr Obbard said: "It's a non-contact art that focuses the mind and body and helps you keep fit. While it is not a martial art for youngsters, perhaps teenagers would be able to start. It is easy to pick up the basics.

"Usually people who give it a go are impressed by what it offers them. I do it as it helps me clear my mind and forget about everything."

He added that the club was not just for men. "We would welcome women along, too – in fact they would be more than welcome. I think it would actually improve the atmosphere of the club," he said.

If you would like to get involved, the club practises at the Methodist church hall, York Street, Broadstairs, from 7.30pm-9pm on Mondays.

The cost of each session is £5, or £20 a month in advance.

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New pitch to roof a 'minor alteration'

CHANGES to the design of Ramsgate's long-awaited Royal Sands development do not need planning permission, Thanet council says.

The original plans have been amended to now include a shallow pitched roof.

However, the council says it is only a "minor alteration" to the building, planned for the Pleasurama site in Marina Esplanade, and will not require a retrospective application or a new one.

A spokeswoman said: "The council has received plans which show a minor alteration to the approved scheme. This will see the height of the building, in relation to the cliff, lowered and the provision of a very shallow pitched roof to facilitate drainage.

"These changes do not require planning approval."

East Cliff ward councillor David Green had called for an explanation. He said: "It is such a sensitive issue, the view from Wellington Crescent above. The view from the cliff is of great concern to people and any changes need to be explained."

Planning permission for the complex was granted in 2003.

Bike police to tackle parking on school run

BY **DAVID ROSS**

A YEAR-LONG trial to clamp down on people who park in illegal zones outside schools and in villages has been launched.

A motorcycling civil enforcement officer will patrol the isle to hand out £70 fines to offenders parking on yellow zig-zag lines.

It is part of a joint effort by Thanet council and the county council.

The patrol was unveiled at Cliftonville Primary School on Monday.

Letters have been sent to Thanet's 54 schools giving advance warning of the trial.

The aim is to make the areas outside schools safer for parents and children arriving at peak periods, and to make village roads safer.

Charles Hibberd, of KCC, said: "Safety is paramount outside schools, especially when young children are coming and going.

"Drivers who are not taking the trouble to park properly are putting children and parents at risk.

"This clampdown is one of the ways we are using to tackle this growing problem.

"In parts of Thanet, many neighbours are asking for help because they are being trapped in their own gardens by parked cars and traffic."

Thanet council's Shirley Tomlinson said: "We know this is something that concerns local people and the new motorcycle patrols should help to tackle this problem, as it will allow our officers to get to the scene of our problems quicker.

"Hopefully, it will send out a tough message to the inconsiderate drivers who are making other people's lives a misery and putting lives at risk."

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Back to school for 80th celebrations

IT'S the 80th birthday of Broadstairs prep school Haddon Dene this year, and former students and staff are being sought to help the celebrations go with a swing.

Head-teacher David Alexander is excited about the possibility of meeting former students and teachers and about the numerous events planned to celebrate throughout the year.

He said: "Reaching our 80th anniversary is a huge milestone for us.

"It is a great opportunity for us to meet the students and teachers who have made Haddon Dene such a special place and to celebrate the achievements of the school over the past 80 years."

Haddon Dene was established in 1929 and has had thousands of pupils aged from three to 11 through its doors.

Delivery of engines boost for fire crews

FIRE-fighters in Thanet have taken delivery of two new fire engines.

The two vehicles are equipped with the latest life-saving equipment and are worth a combined total of £500,000.

They will be based at the Margate station and Thanet station in Broadstairs.

Cutting equipment was used last week to simulate the rescue of a trapped passenger and to demonstrate what some of the new machinery can do.

The new Scania engines are said to be safer and have better handling capability than older machines.

They also have better IT features to pinpoint where hydrants are, sat-nav systems and safer cabs.

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Ramsgate's library has risen from the ashes. Search 'library'



SPARE CHANGE FOR LIFEBOAT

Fund-raisers at Margate lifeboat station are appealing to businesses to place collection boxes on their premises.

The RNLI's volunteer lifeboat crews and seasonal lifeguards form just part of a small army of fund-raisers.

One of the activities of the Margate team is looking after the familiar boat-shaped collecting boxes seen in shops and pubs.

There are 112 sites in Margate, Westbrook and Westgate-on-Sea, and through those boxes £5,000 was collected last year.

Fred Piggott, Margate RNLI fund-raising box secretary, said: "Our pockets are often weighed down by 'brown money' and we owe a debt of thanks to those who drop cash into the collecting boxes and to the businesses who support this valuable source of income."

In Thanet, a grand total of £63,000 has been collected via the boxes since 1995.

If you can help, please phone Fred Piggot on 01843 226757 or via Margate lifeboat station on 01843 221613.

For those who aren't in the nose – Comic Relief is coming

COMIC Relief fun and games will be taking place around the isle on Red Nose Day.

■ BY **TOM BETTS**

At Westwood Cross shopping complex, visitors will be able to see stand-up comedians, a bizarre collection of costumed characters and a host of surprise guests as this year's theme of Do Something Funny For Money is celebrated.

There will be special events and fund-raising activities all day to keep customers laughing.

The fun starts on Friday (March 13) and Land Securities, which owns the complex, is aiming to make it the funniest place in the county on the day.

There will be plenty of opportunities for visitors to join in the fun.

An unusual 'keep-fit' class will be held in the mall. It is being organised by a team of exercise buffs from JJB Sports gym.

Westwood Cross marketing manager Tracie Stevens said: "Every day people are coming up with more ideas to raise money for Red Nose Day and Comic Relief, which does so much good work here at home and overseas.

"It is going to be tremendous fun and I would be delighted to hear from any groups who would like to take advantage of our excellent facilities and ample free parking for their fund-raising activities."

If you would like to stage a Red Nose Day fund-raiser at Westwood Cross on Friday, March 13, you can phone Tracie on 01843 867273.

Meanwhile, all the merchandise you will need to mark the occasion in style is available from Sainsbury's.

A host of official funny goods is now on sale, including the famous red nose, which costs £1.

There are three different designs to choose from and for every nose you buy 70 pence will go straight to Comic Relief.

Additional merchandise available in-store includes whoopee cushions, phone charms and red noses for your car.

Top chef Jamie Oliver has put together a special collection of recipes to make any party go with a swing.

The supermarket has also started a scheme to let customers round up their bill to the nearest pound, making an easy way to donate, and ensuring any spare change goes to a worthy cause.

David Holman, store manager of Sainsbury's Thanet said: "Last year Sainsbury's colleagues raised £1.1 million for Comic Relief and this year we're all determined to raise even more for this great charity.

"And, of course, we hope all our customers will join in the fun by doing something funny for money while wearing their red nose with pride."

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Scenic Railway centre of £12m plan to regenerate Dreamland

PLANS for Margate's Dreamland heritage theme park are to be unveiled at the weekend.

On Sunday, the Dreamland Trust will show its £12 million plan to the public at a free event at the West Coast Bar in Kings Street, Margate, from 7.30pm.

The Dreamland Trust – which administers the Save Dreamland Campaign – announced its plans for a new tourist attraction at the site of the former Dreamland amusement park in 2007. If built, the park would be the first of its kind in the world.

The trust has been working with Thanet council and Dreamland owner the Margate Town Centre Regeneration Company on the proposals.

Nick Laister, chairman of the Dreamland Trust, said: "We were successful in winning a Department for Culture, Media and Sport Sea Change grant last year. With additional funding from Dreamland's owner, MTCRC, and the Margate Renewal Partnership, we have been able to appoint specialist advisers who are starting to bring our dreams to reality.

"We are now able to go public with our exciting plans for Dreamland and we are looking forward to sharing them with the public this Sunday.

"If we can secure our next round of grant-funding, work on the park could start later this year, with the park opening in 2012."

The park will centre around a rebuilt Scenic Railway, the oldest roller-coaster in the UK, and could feature some of the last surviving examples of amusement park rides.

Many that are planned are the last surviving examples of their type and have been rescued by the Save Dreamland Campaign from parks that have recently closed down.

Mr Laister said: "This will not be a collection of gentle old travelling fairground rides.

"Dreamland will recreate a large, thrilling permanent seaside amusement park, of the sort that could be found around the coast of Britain throughout most of the last century but has now largely disappeared. We think it will be a great success and will play a transformational role in the regeneration of Margate."

Sunday's event will include a presentation of old film footage of Dreamland and the Scenic Railway through the years, as well as the opportunity to meet the Dreamland team.

Paris-based theme-park designer Jean-Marc Toussaint and representatives of the MTCRC, Margate Renewal Partnership and the Prince's Regeneration Trust will be present.

There will also be a bar, funfair food and DJs.

BY **TOM BETTS**

Tesco first to take Thanet Earth crop

THE first crop of cucumbers from Thanet Earth has gone on sale at an isle supermarket.

The giant complex near Acol covers 220 acres and is home to seven glasshouses each the size of 10 football pitches.

It is estimated that when it is completed next year it will house 1.3 million plants. Crops include tomatoes, cucumbers and peppers, which are grown using hydroponics.

Cucumbers went on sale for a standard price of £1.28 at the Tesco Extra store in Broadstairs on Wednesday last week.

A spokeswoman for Tesco in the South East said: "Until now no British grower has been able to grow year-round salad produce because of the enormous cost of heating glasshouses.

"The opening of Thanet Earth makes that possible and our Kent customers will be the first to benefit.

"It also means a major reduction in freighting salad over from Holland, Spain and Morocco during the winter months."



MIA'S IN GOOD SPIRITS

Spooky author Mia Dolan is to visit Margate Library to talk about her work.

Mia has written a number of books on the paranormal and psychic phenomena and her latest book is called Rock a Bye Baby. It will be published on Thursday, March 19, and is a story about a girl growing up in a small seaside town, the complications of a difficult family life and finding love.

Mia has appeared on ITV's Haunted Homes as a psychic investigator and ghostbuster and she recently won the paranormal edition of BBC's The Weakest Link.

Mia will be at Margate Library on Saturday, March 21, from 3pm. Tickets are free and available from the library on 01843 223626.

Candles cause of fire at house

THE fire service was called to a house in Margate on Saturday night.

The occupants of the house, in Tivoli Road, who were downstairs at the time, heard two smoke alarms sounding just after 9pm and discovered a fire in a first-floor bedroom.

Realising they would be unable to put it out themselves due to the heavy smoke, they called the fire service.

Two engines from Margate and Thanet arrived at the scene. The crews quickly extinguished the fire using a hose-reel jet.

Fifteen per cent of the room was damaged by fire and there was 25 per cent smoke damage, but no one was hurt.

It is believed the fire was caused by candles that had been left burning unattended.

Margate watch manager Steve Flint said: "The residents are fortunate the property was protected by smoke alarms, providing them with vital early warning to the fire.

"If it had burned undetected for just a few more minutes the whole room would have been involved and this could have easily spread throughout the entire house."

Mr Flint added: "This incident also highlights the dangers of leaving candles unattended. If you do use candles in the home I would recommend that they are fully extinguished after use and never left unattended."



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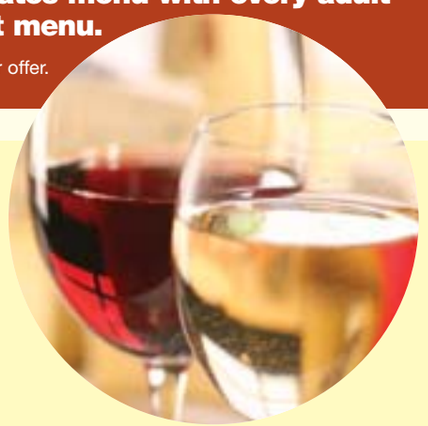
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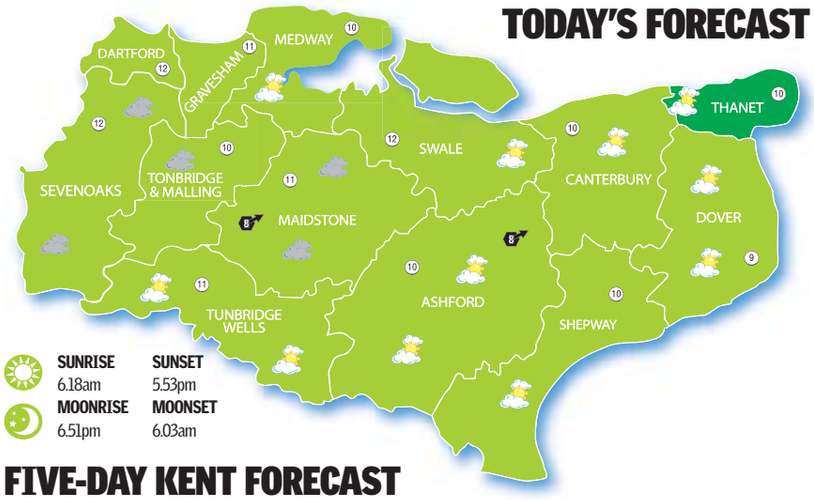
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TODAY'S FORECAST



SUNRISE 6.18am SUNSET 5.53pm
MOONRISE 6.51pm MOONSET 6.03am

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon
Ashford	11°C	12°C	12°C	12°C	12°C
Canterbury	9°C	10°C	12°C	11°C	10°C
Chatham	10°C	10°C	12°C	10°C	11°C
Dartford	11°C	12°C	13°C	12°C	12°C
Dover	9°C	9°C	10°C	10°C	10°C
Faversham	10°C	10°C	12°C	10°C	11°C
Folkestone	9°C	9°C	10°C	10°C	10°C
Gillingham	10°C	10°C	12°C	10°C	11°C

	Thur	Fri	Sat	Sun	Mon
Gravesend	11°C	12°C	13°C	12°C	12°C
Maidstone	11°C	11°C	12°C	12°C	12°C
Ramsgate	9°C	10°C	12°C	11°C	10°C
Rochester	10°C	10°C	12°C	10°C	11°C
Sevenoaks	9°C	10°C	11°C	10°C	10°C
Sittingbourne	10°C	10°C	12°C	10°C	11°C
Tonbridge	11°C	12°C	12°C	12°C	11°C
Tun Wells	11°C	12°C	12°C	12°C	11°C

WEEKEND HIGH TIDES

Chatham	Saturday	2:52pm	6.1m
	Sunday	3:25pm	5.9m
Dover	Saturday	1:03pm	6.5m
	Sunday	1:36pm	6.4m
Dungeness	Saturday	1:03pm	7.6m
	Sunday	1:39pm	7.3m
Ramsgate	Saturday	1:33pm	5.0m
	Sunday	2:06pm	4.8m
Sheerness	Saturday	2:42pm	5.8m
	Sunday	3:15pm	5.6m
Whitstable	Saturday	2:56pm	5.2m
	Sunday	3:24pm	5.1m

AROUND THE WORLD YESTERDAY

Amsterdam	7°C	Madrid	15°C
Athens	16°C	New York	14°C
Barcelona	15°C	Paris	10°C
Beijing	8°C	Rome	14°C
Bombay	32°C	Sydney	22°C
Cape Town	31°C	Tenerife	20°C
Cardiff	9°C	Tokyo	11°C
Gibraltar	16°C	Vancouver	5°C
Hong Kong	17°C	Warsaw	4°C
Las Palmas	20°C	Wellington	17°C

Permission sought for more beach huts

MORE beach huts could soon be lining the isle's coastline after Thanet council decided to submit a planning application.

The application is for existing huts and was put in because confusion surrounds current rules.

Seasonal beach huts, put up for the summer and then taken down and stored during winter, were introduced to the area in the 1920s.

Up until now they have not been subject to planning permission, but following an enquiry from a member of the public the issue was re-examined.

The local authority was unable to come up with a definitive answer in law, so an application was put in, with a decision now pending.

The application also includes plans for additional beach huts.

They could turn up along new stretches of coastline to meet what the council says is a growing demand.

Murky

There is also an application to use some car parks to store the huts in winter.

John Kirby, cabinet member for regulatory services and Ramsgate Marina, said: "Beach huts are part of both our local and national coastal heritage and we all know they've been put out every summer for many years now.

"However, as people are no doubt aware through their own experiences, sometimes the law can be murky on some issues and this is one of those cases.

"There is no specific law to tell us definitively whether we need to apply for planning permission or not after this length of time.

"The council has carefully considered the issue and has taken the decision to err on the side of caution, which is why we're submitting this application now."

A public consultation will be held about the proposals, ending on Friday, April 3.



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QUESTION & ANSWER

CLAIRE SEXTON



Q&A

Claire Sexton, 39, children's centre network manager, talks to **Tom Betts** about how important the new children's centres are with helping families and what it is she enjoys about living and working in Thanet

Q Who or what brings you to Thanet?

A I grew up in Herne Bay and have really fond childhood memories of spending days on Margate beach. My family live locally and after spending many years away I made the decision to move back here to be near the sea.

Q Where in Thanet do you spend most of your time?

A I spend most of my time in Ramsgate and really enjoy walking my dog on the beach. The harbour is one of my favourite places, although I often go out in Margate, usually in the old town, especially at events in the summer.

Q What is the aim of the new children's centre?

A Garlinge and Birchington and Villages Children's Centres are aiming to provide a range of multi-agency services for families with children under five. This includes health services, adult education, parenting support and links with local childcare providers and schools.

It is more than just a building; it is about multi-agency teams working together to support families in a co-ordinated way.

Children's centres bring together service providers – statutory providers like health and early education, as well as voluntary, private and community organisations and parents themselves, to provide integrated services for young children and their families based on what local children need and what parents want. We are keen for families to tell us what they want in their local children's centres and will be having lots of fun events to give both parents and children an opportunity to get involved in the planning of services.

Q What does your role there involve?

A I am the manager for the children's centre network team that covers the areas of Garlinge, Westgate, Birchington and the outlying villages. I manage a staff team and we aim to provide quality services for families. I work closely with other Thanet children's centres, local schools and nurseries and service providers to support better outcomes for children. My role is varied and no two days are the same.

Q What real differences will it make to people's lives?

A Having a young family can be very challenging. We hope to support families through those challenges and be with them to celebrate their achievements. Our services will bring together colleagues from a variety of agencies, meaning that families can access services on their doorstep. Our team of community involvement workers is available to specifically involve families in developing activities that will mean something to the local community. The children's centre hopes to provide opportunities for children and families which will empower and inspire them.

Q What services will it be offering and who can use them?

A We have a core range of services that we will be offering: childcare and early education, child and family health services, parental support, support for families with additional needs and links with Job Centre Plus and Thanet College. We are also hoping to develop services that meet the needs of the local communities. We have a young parents group and have been holding drop-in activities. We are actively encouraging families to come and tell us what they want.

Q What do you like about Thanet?

A There has been a lot of bad press about Thanet and that is a shame as it has so much to offer. There are some lovely spaces and interesting architecture. I also find the people really friendly and have made some really good friends here.

Q Are there any aspects of the area you dislike?

A I am saddened when I see rubbish and vandalism in the area, and unfortunately there does seem to be a lot of areas which are affected by this.

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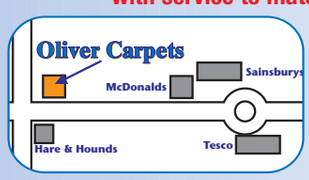
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EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

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Historic tour had me flying high out of economic gloom

BY **SIMON ROBINSON**

IN these darkened days of almost apocalyptic credit crunch misery, there's precious little to put a smile on our frown-filled faces.

The housing market is in freefall, the banks have posted record billion pound losses and thousands of workers are being made redundant nationwide each day. Gillingham FC will probably miss out on promotion too.

In these desperate times it's important to seek out moments of positivity – things which will hopefully help turn that frown upside down.

My pick-me-up came by way of an hour-long helicopter tour of Kent.

The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking.

During the county-wide tour we cruised over sites such as Canterbury Cathedral and Leeds Castle, taking in the picturesque sights from the comfort of our £1 million chopper – previously owned by '80s electro legends Depeche Mode no less.

There is something strangely relaxing in looking down at the world from on high – with the unfamiliar view of familiar towns, motorways, castles, harbours and so forth rendering myself and my fellow passengers speechless.

The Kent tour took us in a giant circle, starting at Rochester Airport before heading east to Whitstable, then on to Canterbury, Dover, Cranbrook, Tonbridge, Sevenoaks and Maidstone before returning to base.

At each location we slowly circled popular tourist attractions.

Dover was a particular high-point of the flight, with the clear blue skies giving a spectacular view of the Channel as ferries made their way to the Continent.





HIGH POINTS: The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking – they included Leeds Castle (above) and the cathedral in Canterbury (above right) Pictures TONY STIGLE

Dover Castle and the White Cliffs also shimmered in the sunshine.

The sights between each town were just as impressive. Acres of green fields stretched out into the distance, dissected by snaking motorways and major roads.

Luxury mansions and manor houses – seemingly inaccessible by road – also peppered the rolling countryside.

Intermittent cloud cover plunged swathes of the county into darkness, while dozens of rays of sunlight fought their way through the darkness, shining dots of light on the ground below.

Such overpowering sights block out the constant whirr of the helicopter blades.

The tour was by AV8 Helicopters, based at Rochester Airport, and cost £150 per person.

Describing its Hellfire Tour, an AV8 spokesman said: "We invite you to experience the sights that gave Hellfire Corner it's name. Take off from Rochester Airport and fly along the famous White Cliffs of Dover.

"You can see the gun emplacements, shell holes and fly over historic Dover Castle. We progress along the coast to Folkestone where the Battle of Britain Memorial stands out at Capel-Le-Ferne and you get an idea what RAF and Luftwaffe Pilots must have felt in their Spitfires and ME109's as they battled for supremacy during the Battle of Britain.

"We take in Hawkinge, a World War II fighter airfield, before turning in-land passing over many other historical sites on the way to view the home of Winston Churchill at Chartwell, then return along the North Kent coast passing the majestic Canterbury Cathedral and return to Rochester."

For more information visit www.av8helicopters.co.uk or call 01634 672288.

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Massive response to our campaign

KOS media CAMPAIGN 2009

A HUGE response has greeted the first week of our Buy Local Produce campaign – with suppliers, shoppers and even star names flocking to get behind it.

It seems everyone is embracing the concept of buying locally produced food and drink – and in doing so supporting the grassroots economy.

The Buy Local Produce campaign aims to support rural communities by calling on our readers to demand locally sourced and produced goods; to shop from farmers' markets and farm shops; to insist restaurants put the best in local produce on their menu.

■ BY **CHRIS BRITCHER**

To spearhead the campaign we have launched the website www.foodforkent.co.uk, where you can now buy all your family's food and drink needs in one place. What's more, the prices can even save you money in these tough, recession-hit times.

We've teamed up with a host of Kent's best-known suppliers of vegetables, fruit, fish, meat, breads, wine and beer to already offer an unbeatable one-stop shop of the best of the Garden of England. All of the products encapsulate what buying local means. By not being transported hundreds of miles from our farms to distribution centres around the UK



and then back down to our supermarkets, the food from www.foodforkent.co.uk is packed with freshness. What's more, aside from flavours that pack a punch and tastes which tantalise the tongue, the lack of processing and travelling means all the nutrients and goodness remain, so it's better for you too. If there are fewer food miles, then the environment also benefits.

And if Kent's economy enjoys a boom, then we're helping safeguard the businesses, jobs and traditions on which our county's heritage is built.

For now our team behind the site – who have years of experience in sourcing, delivering and maintaining relations with established, reputable local suppliers – are ensuring those who have been in touch fulfil our tough criteria of quality, health and safety; price, value, reliability of supply and, of course, ensuring the produce comes from Kent.

So why not try the site for yourself today? Filling up your online basket could not be easier. Just browse the variety of products available and with a click of the mouse you can start adding them to your order. It couldn't be simpler. Log-on today at www.foodforkent.co.uk.

The Buy Local Produce campaign is supported by Produced in Kent, the non-profit organisation backed by KCC and Hadlow College.



Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yoghurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4 x oranges, 1 x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1 x Savoy cabbage, 1 x red cabbage, 1kg broccoli, 500g purple sprouting, 1 x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source mysupermarket.com. Closest match applied. Excludes Express and Metros. Excludes delivery charge. Red number indicates price difference.

To see this clip search for 'food' @ yourkenttv.co.uk



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Presenter Julie Maddocks took to the great outdoors to meet the people behind the project, the producers delivering their goods – and the care taken in packing your goods ready to be delivered direct to your door.

• To access the clip, simply visit www.yourkenttv.co.uk and enter the word 'food' in the search bar. Then click on the clip headlined 'www.foodforkent.co.uk'.

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BREAK TIME

Five carry region's hopes into finals



IN THE RUNNING: Chatham House athletes

BIATHLETES from Chatham House Grammar School in Ramsgate will represent the South East in national finals at Bath University this month.

Determined performances in swimming and cross-country in the regional finals at Sevenoaks won them the right to take on the best young athletes from across the UK.

The year eight junior boys' team of Jake Davies, 13, Alex Kirkpatrick, 13, and Ben Pond, 12, were runners-up, which secured them a place in the nationals.

Sixth-former Sam Giffen, 18, from Broadstairs, competed as an individual in the senior boys' category, finishing second.

It should secure him a place in the Bath tournament.

Three senior girls from year 12 – Rachael Seaman, Grace Fright and Lacey Palmer – finished first in the team event.

Head-teacher John Mathews said: "The biathlon is a punishing event and our students have excelled so far and have earned the right to challenge the best in the UK."

St Peter's breakfast makes a perfect start to the day

OFSTED inspectors have praised the breakfast and after-school clubs at St Peter's Junior School.

Since it was launched just over a year ago, the club has proved popular with pupils and parents, offering a range of activities, study time and meals at both ends of the day.

Making chocolate and marshmallow spiders, games including snooker and hockey, arts and crafts, cooking and a regular film show are among the diverse activities available.

A nutritious breakfast in the morning or a light snack such as a hot dog or jacket potato in the evening, with youngsters setting the table, serving each other and sharing mealtimes, are all part of club life.

BY **TOM BETTS**

In her report, Ofsted inspector Linda Coccia wrote: "Children and staff interact very well. Children laugh and joke with staff and develop caring relationships.

"All children are acknowledged as individuals and care is offered to meet their needs. A good-behaviour management strategy enables children to consider others around them, share toys and play well together."

She found that "children learn to make decisions for themselves", that they receive "a warm welcome from the staff" and that they "benefit from the provider and the parents working together".

Head-teacher Sharon Irvine said: "I am proud we are one of the first schools in the area able to provide this, which is a great help for working parents.

"Ofsted said the quality and standards of care are good, which is excellent for our first year of operation."

Learning support assistant Dawn Taylor, who is the after-school club manager, said: "It is important to give pupils a range of activities and interests, as well as providing a quiet time and a story to help them wind down before they are picked up at 6pm. The club is popular and we have a great time together."

St Peter's has also received a QISS rating, which acknowledges its 'quality in study support'.

Pupils pilot healthy food initiative

A SCHEME to encourage children to take more exercise and eat healthy food is being supported by St Peter's Junior School.

Pupils are taking part in the Five On Friday Challenge.

It is a trial project in Thanet to encourage youngsters to eat the recommended five portions of fruit and vegetables a day and to take a daily 60 minutes of physical exercise, especially on a Friday.

Run by Move'n'Smooth at Ramsgate in conjunction with the NHS Eastern and Coastal team, the challenge is run over five Fridays. Children note on a report card what and how much they eat, and what type of exercise they do.

Iindividuals and class groups are rewarded for returning their cards. Each child receives a certificate, with the class achieving the highest portion count getting medals.

Head-teacher Sharon Irvine said: "At St Peter's we work hard to support the Government's healthy eating and healthy schools initiative.

"Taking part in this pilot scheme may help educate more children across Thanet about the importance of fruit, vegetables and exercise as part of their daily routine."



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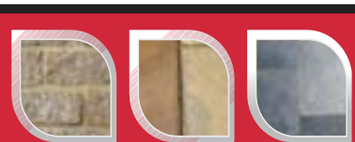
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yourthanetblogger

This week's writer bares his soul about what will be a miserable experience on Friday



It's crunch time for our guilt donating on Red Nose Day

FEELING guilty is something I am very good at. In fact, it's something of a speciality subject of mine.

If I feel like any of my actions has prompted hassle for someone, it gives me a pang of pain. It's really quite annoying. But also very British.

And on Friday we will all be feeling guilty for a variety of different reasons. Because Friday is Comic Relief Day.

Now, on the face of it, this should be a case of celebration. Of light-hearted fund-raising which helps put a smile on our face and a glow in our heart. The reality will, for me at least, be an evening of getting emotionally scarred and made to feel as guilty as guilty can be.

I doubt I will be alone. After all, it's by mining the deep seam of our collective British guilt that the charities end up raising so many tens of millions of pounds.

Friday, for example, will go something like this.

You will wake up and find every BBC radio and TV show from local to national with an obligatory 'zany' section injected into it. It will be vaguely amusing on BBC One, over the top on Radio 1 and just plain unfunny by the time you've tuned in to Radio Kent.

As you stroll to work you will pass people in 'hilarious' fancy-dress collecting cash in buckets. You will give money because you hope it will address your guilt for the day.

It won't. By about mid-afternoon you will think you should be doing something to help out the national effort – and so collect or just donate to an inevitable collection in the office.

By the time you get back home and put your feet up to watch the telly, Comic Relief will already be a few quid better off thanks to your generosity.

Then you'll tune into BBC One. You'll be tricked at first by watching Dr Who touch down in Albert Square or some such silliness. And you'll hover for just a few moments too long. Before you know it they'll be cutting to Billy Connolly in a poor African village. You'll think "ah Billy Connolly, he's always funny, isn't he?".

It will be a mistake. The story he will highlight will be of unbelievable deprivation and sadness. It may have an uplifting ending, but it will rip your guts out with a guilt trip which will reduce you to a blubbering mess.

You'll feel so guilty you'll start thinking how you must get the debit card out and fire up your laptop for a bit of online donating.

By the time you've seen a couple more of these films you'll be happy to donate a lung if it means these people get whatever it is to ease their suffering.

But the difference this year is a very different sort of guilt. And that is of simply not having the spare money to give a decent slice to charity. And that is a guilt which will be hard to bear.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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If there is a story in your area you think we should be covering, contact the editor, Dave Mairs, on 01303 817022, or email him on the details above. If you want to be the next Thanet blogger, then all you have to do is submit an article to us (of about 550 words) and email it to the editor. And don't forget, for all the latest news and video from your town, log on to www.yourthanet.co.uk.

Write to The Editor, Yourthanet, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

• We cannot guarantee all articles will be published and all are at the editor's discretion

Spoil mum at Bluewater





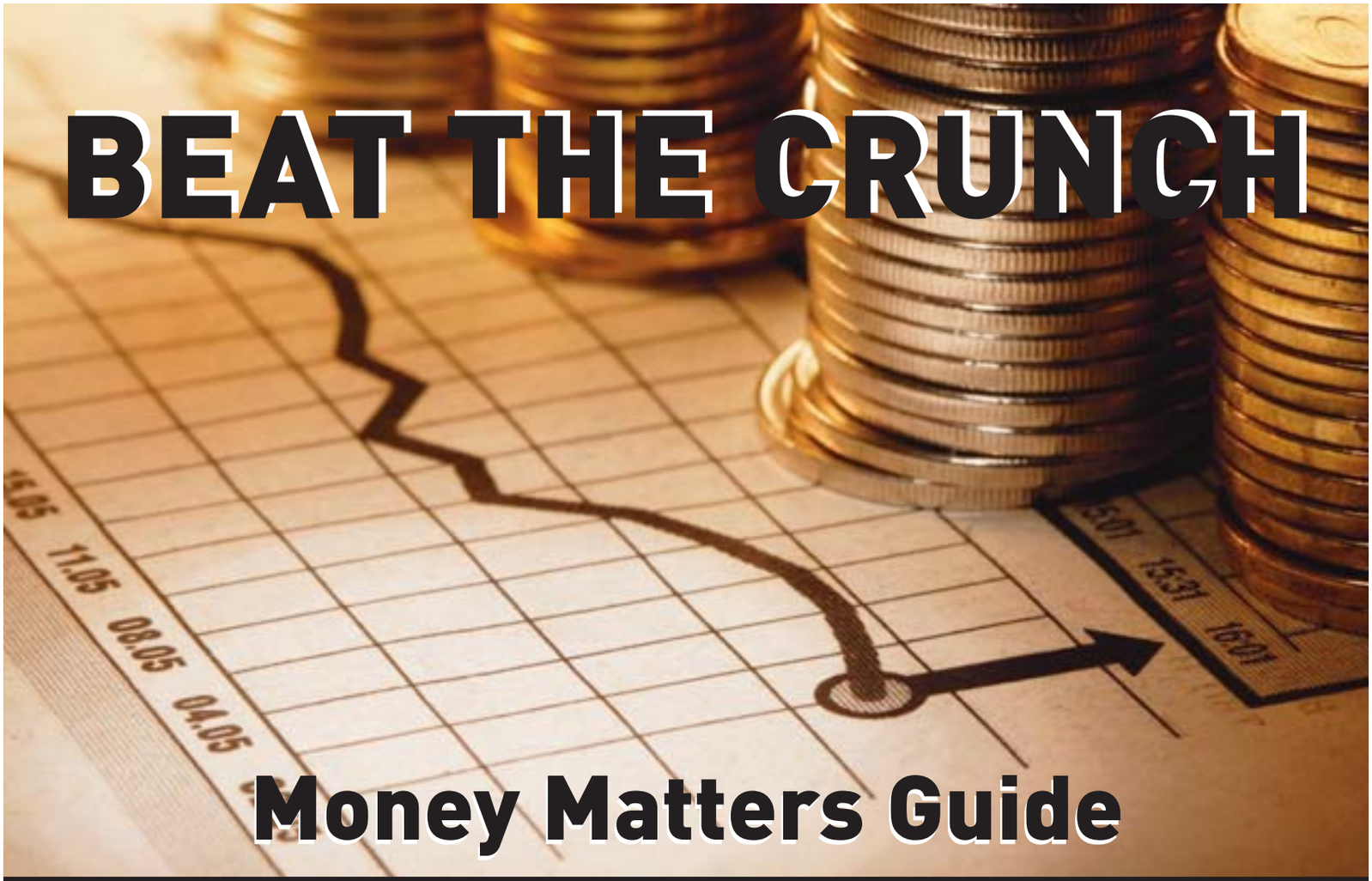



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First, cut two thick slices of soft, warm bread and spread on a thin layer of butter. Always use the best quality bacon you can find – look for the Quality Standard Mark on the pack – and grill until perfectly crispy around the edges. Place the bacon on the bread but don't be tempted to reach for the ketchup or brown sauce. Instead add a generous dollop of The English Provender Company's scrumptious Organic Sweet Tomato & Chilli Chutney. It's wonderfully sticky, with just the right amount of fire from plump red chillies. Our idea of perfection!



But if you like a fruitier taste, go for a spoonful or two of English Provender's Ploughman's Plum Chutney. Full of generous chucks of juicy plums, it'll get your taste buds tingling. All their chutneys are all made by experts using the finest ingredients – which is just what your bacon butty deserves.

To help you create a bacon masterpiece, English Provender is offering you the chance to win the perfect bacon butty kit, worth up to £55. The fantastic unique George Foreman 'Grill and Melt' family sized grill which lets excess fat drip away and allows you to cook your bacon faster, plus a jar each of Organic Sweet Tomato & Chilli Chutney and Ploughman's Plum Chutney from English Provender. We have eight 'Grill and Melt' George Foreman grills plus chutney to giveaway.

To enter, simply answer the question below and send your entry on a postcard along with your e-mail address (if applicable), name, address and daytime telephone number to English Provender Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR. Closing date is March 16, 2009.

Question: When is Bacon Connoisseurs' Week?

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yourletters

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A pet is for life – and you must pay the bill

Why is it that people who keep animals expect rescue centres to foot their vets' bills?

Animal rescue centres have such a hard job fund-raising to pay for the abandoned animals already in their care, on food, microchipping, vets bills, petrol, phone calls *etc*.

Also some help to pay for neutering to prevent unwanted litters.

But centres are constantly getting calls from people saying their animals need to see a vet but they cannot afford to pay. Why can't these people put money aside each week for their animals' treatment?

If you have a pet, it is your responsibility to provide for that animal under the Animal Welfare Act.

That is food, vets' bills, shelter, walks (if you own a dog) and keeping them in an environment suitable to their needs.

It is a lifelong commitment, so think long and hard before taking any animal on as they do cost quite a lot during their lifetime.

Mrs R Bane
Ramsgate

Dog wardens could clean up this isle

I have noticed how bad our streets and parks are getting because of irresponsible dog owners.

There are lots of people out of work at the moment, could they not be employed as dog wardens to earn money rather than claiming benfits?

That would clean up our streets and parks and save money.

Perhaps then the dog owners, once caught and fined, would think about what they do and pick up their pets' poo.

It is obvious the council cannot have enough manpower, otherwise we would not be in this mess.

M Leverett
Margate

Surgery is swamped by newer patients

This is an urgent plea for two or more doctors to open and run a surgery in the Margate East area – from the QEQM Hospital to Cecil Square, as well as Bath Road and Dane Park areas.

Road upon road of former hotels and boarding houses in Cliftonville have been converted into flats for newcomers and the unemployed from around the country, as well as new-build flats for pensioners moving into the area.

All use Bethesda Medical Centre, which cannot cope.

Those of us who do not live within walking distance of the surgery cannot get appointments. There are few or no pre-bookable appointments before 8.30am and within minutes they are gone.

The doctor's surgery is open Monday to Friday, with, I understand, each doctor having a day off during the week.

I am told one of the doctors is only there one day a week, while apparently another won't treat anyone who smokes.

The other doctors also go out on house calls, which cuts down their surgeries. The repeat prescriptions department cannot cope and prescriptions do not get done.

It has just cost me £18 in taxi fares trying to get my prescription for tablets which I had run out of after a two-week wait.

Original patients of the former Cornwall Gardens surgery think doctors get paid by the number of people on their list.

Please, please open a surgery in Margate East. You will be greeted as saviours.

Ms P Cheniston
Margate

Another vote lost by Gerry's party of one

I would like to respond to the lamentable comments Gerry O'Donnell made in his letter to Yourthanet last week in which the self-styled Ramsgate First leader wrote: "I would suggest that Mrs Bennett, who is thinking of voting UKIP, does so".

This rather defensive comment follows a letter I wrote indicating that I would consider voting for Ramsgate First but would also consider voting for Ukip.

I would not even expect a school youth councillor to respond in the way that he did.

Does Mr O'Donnell think he is going to get so many votes that he can afford to dismiss voters on a whim? He went on to say: "We in Ramsgate First believe in freedom of speech".

Well, they certainly have a funny way of showing it. I say "they", but Mr O'Donnell seems to be the only member of Ramsgate First we hear from these days.

Will Ramsgate First be having a leadership election at its annual meeting this year? If nobody turns up, may I suggest that he rename the party Just Gerry?

Mrs Bennett
Ramsgate

... and another one by the sound of it

Oh dear! Just when I was warming to the tone of Ramsgate First leader Gerry O'Donnell, he goes and spoils it all by showing his surprising naïvety regarding Manston airport.

Ramsgate needs the airport for the future of our children… and so on and so forth. Yeah, yeah, we've heard it all before.

You should know by now, Gerry, that the jobs return from Manston is very low. In truth, it does more to deter people from coming to the isle than it ever does to attract them.

All it seems to offer are the infernal training flights that ruin treasured leisure time for people across the isle.

Our desperately poor local politicians never have the wit, intelligence or guts to question the value of Manston to Thanet.

Instead they keep grinding out the same robotic refrain: 'airport must work, airport must work…'

We need somoene with fresh ideas, Gerry. Sadly, it would seem you're not that person.

Chris Solly
Ramsgate

Airport could be a place of worship

Having just read a letter in Yourthanet from Caroline Lucas of the Green Party, apart from the usual drivel, she appears to end up by stating that she would rather see Manston turned into a housing estate – which proves what most people thought about her party anyway.

I actually have a far better idea: why don't we make a Manston a giant wind farm?

At least then the Greens would have somewhere to worship.

PJE Pepper
Ramsgate

Regional news being shaped by Brussels

The penny might not have dropped yet with most television viewers across the new ITV region 'News merger turns off ITV's viewers' (last week's Yourthanet).

But the new regions created by ITV cover nine large areas across the UK, and these areas are exactly

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the same nine areas that Brussels has divided this country into, forming its EU regional assemblies.

It can't be just a mere coincidence because so much else has also been reorganised by stealth to fit into the euro regions.

Roger Arnold
UKIP in Kent

Tory post office role was hardly 'pivotal'

I refer to last week's letter headlined 'Labour should stop writing about Laura.

I read with amazement the claim that the Conservative candidate for Thanet South was "pivotal" in keeping Cliffsend post office open.

As a founder member and current chairman of the Cliffsend Shop Association, I would like it to be put on record that this person acted alone, while the rest of us worked together, holding public meetings, providing information and mounting a structured campaign.

We contacted our sitting MP, who gave his support and information.

At the time, I was aware that the candidate (I do not wish to name her and give her any more publicity) had posed for photographs days before the announcement of the closure list was made.

She was seen by myself and others as using the possible demise of our shop and post office as an opportunity to gain kudos.

She at no time contacted our association to give her support.

I am not a party-political person and believe that to use such times for raising one's own profile for political gain is unacceptable.

Vera Hovenden
Cliffsend Shop Association

Fun-runners needed to Beat the Banana!

I am writing to encourage people to take part in World Cancer Research Fund's (WCRF) annual Beat the Banana! 5km fun-run in London.

Taking place on Thursday, May 14, we are calling on runners to race a giant banana around Hyde Park to raise essential funds for WCRF.

The aim of Beat the Banana! is to get across the message about the importance of being physically active and eating a healthy diet with plenty of fruit and vegetables, at the same time as raising funds for research and education.

If you would like to find out more about how to take part in WCRF's Beat the Banana! run at Hyde Park, or even host your own event, visit www.beathebanana.org/register, or phone 020 7343 4205.

Teresa Nightingale
WCRF

Heartfelt thanks for a magnificent effort

I am writing to thank all those readers who helped to make the British Heart Foundation (BHF) Red For Heart campaign such a success in February.

It was great to see so many people going red for National Heart Month.

From wearing red to work or school, to buying the Red For Heart pin badge, to writing a love note in their local BHF Shop, or by raising funds in their own way by going red.

We are also extremely thankful to those people who gave their time for free and organised events and other fund-raising activities.

The money raised throughout the Red For Heart campaign will help save lives through research, patient care, campaigning for change and by providing vital information.

It is only with your support that we can beat heart disease together and save the life you love.

If people would still like to donate to the campaign, they can simply visit bhf.org.uk/red or phone 0845 241 0976, or contact Joanne Howe on 01474 537997 or email howej@bhf.org.uk.

Joanne Howe
British Heart Foundation

Isle needs its footy teams to beat drop

As a Rams supporter, I would like to wish both Ramsgate and Margate football clubs all the best in staving off relegation from the Ryman Premier League. Thanet needs you!

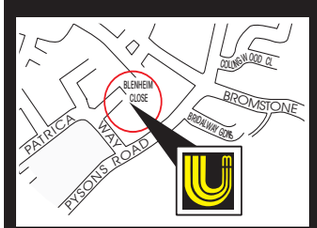
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Inclusive exercise timetable
5th January - 3rd May 2009

monday

STUDIO 1
09.30-10.25 Body Max
10.30-11.25 Body Combat
11.30-12.30 Step
18.00-18.55 Step 'n' Tone
19.00-19.55 Body Jam

SPIN
07.00-07.30 Early Bird Spin
19.00-19.45 Intermediate Spin

MIND & BODY
09.30-10.25 Pilates
10.30-11.25 Yoga
11.50-12.50 Body Balance
18.00-18.55 Yoga
19.00-19.55 Pilates
20.00-21.00 Yoga

AQUA
10.45-11.45 Woggles and Weights

GYM
12.00-13.00 Plan B

tuesday

STUDIO 1
07.00-07.45 Early Circuit Blast
09.30-10.25 Max n Hula
10.30-11.25 20/20/20
12.30-13.30 Body Pump
14.00-14:55 Young at Heart
18.00-18.55 Intermediate Step
19.00-19.55 Body Combat
20.00-21.00 Body Pump

SPIN
10.00-10.45 Intermediate Spin
18.00-18.30 Beginner Spin

MIND & BODY
09.30-10.25 On the Ball
10.30-11.30 Tai Chi
12:00-12.55 Pilates
13.00-13.55 Simply Stretch & Relax
18.00-18.55 Body Balance
19.00-19.55 Pilates

AQUA
09.15-10.00 Aqua
19.00-20.00 Aqua Jog

GYM
19.00-20.00 Plan B

wednesday

STUDIO 1
09.30-10.25 Spin Step Abs
10.30-11.25 Aero Tone
18.00-18.55 Body Pump
19.00-19.55 Body Jam
20.00-21.00 LBT 'n' Hoop

SPIN
10.30-11.00 Beginner Spin
12:00- 13.00 Senior Cycle 'n' Weights
19.00-19.45 Intermediate Spin

MIND & BODY
09.30-10.25 Yoga
10.30-11.25 Pilates
11.30-12.25 Yoga
18.00-18.55 On the Ball
19.00-20.00 Body Balance
20.15-21.15 Yoga

AQUA
12.30-13.30 Aqua Jog

GYM
10.00-11.00 Easyline Circuit 50+

thursday

STUDIO 1
09.30-10.25 Step Max
10.30-11.25 Body Jam
11.30-12.25 Body Combat
12.30-13.30 Circuits
18.00-18.55 Beginner Step 'n' Tone
19.00-19.55 Body Combat
20.00-21.00 Pump Abs

SPIN
07.00-07.45 Early Bird Spin
18.00-18.45 Turbo Spin
19:00-19.45 Intermediate Spin

MIND & BODY
09.30-10.25 Pilates Preview
10.30- 11.25 Gentle Yoga
11.30-12.30 Pilates
18.00-18.55 On the Ball
19.00-19.55 Yoga
20.00-21.00 Pilates

AQUA
09.30-10.30 Aqua
19.00-20.00 Aqua

GYM
10.30-11.30 Easyline Circuit Blast

friday

STUDIO 1
07.00-07.45 Early Circuit Blast
09.30-10.25 Step 'n' Tone
10.30-11.00 Ab Attack
11.00- 11.55 Young at Heart
12.00-13.00 Legs Bums and Tums
18.30-19.30 Spin Weights

SPIN
10.30-11.15 Intermediate Spin

MIND & BODY
10.30-11.25 Pilates
11.30-12.30 Yoga
19.00-20.00 Chi Ball

AQUA
11.45-12.45 Aqua

saturday

STUDIO 1
09.00-09.55 Stylised Step
10.00-10.55 Body Pump
11.00-11.55 Circuits

SPIN
10.00-11.00 Spin Abs

MIND & BODY
11.00-12.00 Body Balance

sunday

STUDIO 1
09.00-09.55 Body Combat
10.00-10.55 Dance Aerobics
11.00-12.00 Body Pump

MIND & BODY
10.00-11.00 Pilates

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STUNNING: Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King

An Oriental spectacular

The Chinese State Circus is touring outside China for the first time and you won't want to miss the awe-inspiring performances

HIGH spectacle comes to Kent next week in the form of the breathtaking Chinese State Circus.

Boasting some of the world's best acrobats and martial artists, lavish sets, beautiful costumes and the Peking Opera, this production is touring for the first time outside China.

With an array of awe-inspiring stunts and performances to marvel at, the show should provide enthralling entertainment for all the family.

Audiences will be dumbstruck as acrobats back-flip through rotating hoops, divas spin plates, contortionists balance on candelabras and performers demonstrate the ancient art of Chinese pole dancing.

Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King, as he narrates an enchanting performance of the Lion Dance.

To celebrate last year's Olympic Games in Beijing, the Chinese State Circus has put together a show called The Olympic Nations Tour in which world-class acrobats, martial arts masters and gymnasts present an adrenaline-fuelled spectacular of physical theatre.

Performers include members of the Tai An Acrobatic Troupe, who hail from a city in the foothills of Mount Tai, one of China's five sacred mountains. For two thousand years the mountain has attracted poets, scholars, politicians and warriors, all in search of tranquillity, enlightenment and personal fulfilment.

The troupe has become very active both in China and abroad, amazing audiences in the US, Canada, France, Spain, Belgium, Italy, Japan, Korea and Singapore. For the first time in the UK, audiences will see electrifying stunts such as 'Motorcycles in the Globe', 'Swinging Poles' and 'Hula-Hula', while other performances are taken to new and even more breathtaking heights.

Four Chinese athletes will demonstrate their supreme talent on a range of gymnastic apparatus, the first time that gymnastic gold medal winners have appeared in the Chinese State Circus.

The Shaolin Warriors have built up a strong fan base and return to the circus with two young masters who are sure to impress spectators with their extraordinary dexterity. With such an exotic selection of talent and skills on display, the show should keep audiences on the edge of their seats.

Performance times vary and tickets are priced from £15 to £29. To book call the box office on 0870 060 6620 or visit the website at www.ambassadortickets.com/the-churchill.

CHINESE STATE CIRCUS
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GIG 4 A QUID

Friday, March 13
The West Coast Bar, Margate

THE recession-busting entertainment continues at Westcoast with the third Gig 4 A Quid night.

Students from Canterbury Christ Church University make up opening act The Overdrafts, a band which takes its influences from the likes of Muse, Coldplay, The Kinks and The Smiths. Their gig in Margate marks the start of a series of concerts around the South East.

Progressive hardcore band, Challenge The Chess Club, is also composed of students who have built up a strong following in Thanet over the last six months. The entertainment continues with the return of The Duel, a female-fronted punk band



that has been touring the UK, Europe and US since their last appearance two years ago. They have recently released their second album, Let's Finish What We Started.

Headline act Captain Mildred (pictured) can always be relied upon to produce a spectacular show, with even more blood and theatrics than ever.

Doors open at 7.30pm and admission costs just £1. For more information, email streetvoiceuk@yahoo.co.uk, or phone 07530 795612.

PAUL HARRIS

Sunday, March 15
Memorial Theatre, Broadstairs

TAKE a journey into the world of the lyrical comedian with BBC Radio Kent presenter Paul Harris.

In his new show, The Poetry of Laughter, Harris pays tribute to the comedians who have used verse in their acts. He will recreate many of the poems and monologues used by greats such as Spike Milligan, Cyril Fletcher, Al Read, Billy Bennett and Stanley Holloway, as well as giving an insight into their lives.

Audiences will even have the chance to write their own limericks, with the best being read out on stage. The one-man show makes its premiere at the Oasthouse Theatre before heading out on a nationwide tour.

Harris, who is a comedian himself, has appeared in top theatres and presents The Saturday Carry On for BBC



Radio Kent. He has also written and presented for Radio Four, as well as writing and starring in a play about the life of comedian Frankie Howerd.

The show starts at 2.30pm and tickets cost £10 for Sarah Thorne Theatre Club members or £12 for non-members. To book, call 0845 2626263.

LOLA - THE LIFE OF LOLA MONTEZ

Tuesday, March 17
Theatre Royal Margate

THE extraordinary story of a remarkable woman is told in Lola – The Life of Lola Montez, a production by Trestle Theatre Company.

Created in collaboration with Barcelona-based dance company Increpación, the production relates the tale of 'fake' 19th century Spanish dancer Lola Montez, a woman who seduced powerful men and took her performances around the world.

Irish-born Elisabeth Gilbert reinvented herself as the passionate and seductive Lola, peddling her act as a flamenco dancer without having any training or technique. Somehow she managed to convince audiences she was the real thing, seducing Hungarian composer Franz Liszt and King Ludwig I of Bavaria.



The show features live music from renowned flamenco guitarist Ricardo Garcia, as Lola prepares for her final performance and looks back on her tumultuous life.

A woman who lived as passionately as she danced, Lola's story contributed to the birth of a celebrity-driven society and is still relevant to today's culture.

The performance starts at 7.30pm and tickets cost £12/£10. To book, call the box office on 0845 1301786 or 01227 787787.

THANET LEISURE

Actors open the door to operatic adaptation

PUCCINI'S classic opera La Boheme has a retelling in the hit musical Rent.

The story of young artists trying to survive, find love and cope with the changing times in New York's East Village will be performed by Stage Door Theatre Company. Rent will run at the Granville Theatre, Ramsgate, until Saturday. Tickets cost £10/£8 in advance or £11/£9 on the door. To book, call 01843 591750.

Bag yourself a bargain at the indoor boot fair

BARGAIN-hunters could find a few treasures at an event taking place in Ramsgate this weekend.

An indoor boot fair is being held at St Laurence Parish Hall in High Street on Saturday, running from 10am to 12.30pm. Admission costs 50p.

Stall-holders can arrive at 9am. Tables cost £8 and must be booked in advance by phoning 01843 592478.

Go crazy on the train to good music at gig

GET ready to rock when Crazy Train performs the best of the genre in Ramsgate this weekend.

The band started as an Ozzy Osbourne tribute group but now plays classic rock hits from1969 to 1990. Find out more at www.myspace.com/crazytrainuk.

Crazy Train will play at the Horse & Groom in Charlotte Court on Sunday. For more about the venue, call 01843 587687.

RSPB calls for children to help save rainforest

YOUNG people are being asked to raise funds to help protect the rainforest of Sumatra.

The RSPB is asking children to raise money through sponsored activities, such as cycling, hopping, singing and even silences. Each participant will receive a certificate and set of stickers as a thank-you. For full information, you can visit www.rspb.org.uk/youth.

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Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-dayer, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are; Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on the list are The Chinese Fireworks Company, The Lucky Face and the boy.the girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts.

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs.

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit www.redlistlive.com.

■ BY **SIMON ROBINSON**





SIGNED UP: Klaus Says Buy The Record (left) and Polka Party (above) are two unsigned acts who will play at Red List Live

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FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club

kent unsigned .com

TOP FIVE UNSIGNED CHART

1 The Suspects – He Said (from Margate)
2 Directions – Equality Street (from Maidstone)
3 Shelta – Let's Talk (From Bexley)
4 The Semantics – Soho- Nympho (Gillingham)
5 Euston – In My Headlights (from Deal)

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KOS media

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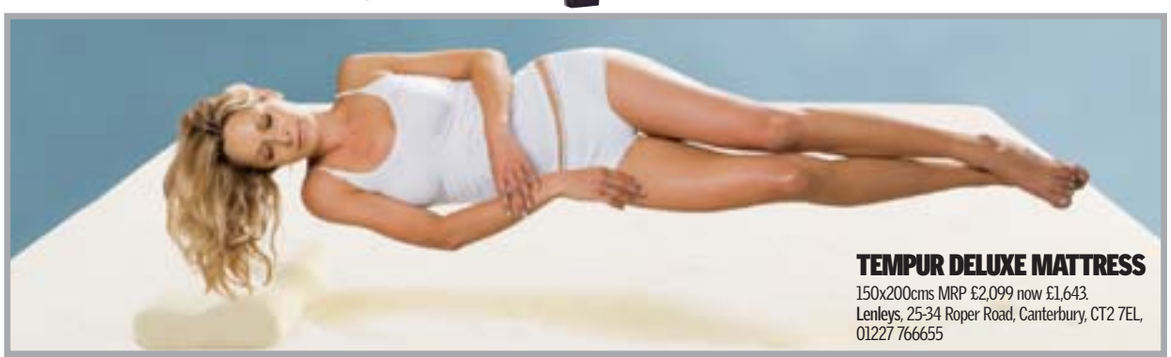
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THANET SHOPPING

Dress to impress with stylishly cut-price suits

GET suited and booted at Burton with 30 per cent off selected jackets.

A black slim mod-fit suit jacket is £39 down from £69 and a navy herringbone stripe jacket is £49 from £69. Trousers to match are £30 each.

A navy pinstripe slim-fit jacket is £39 down from £100, with trousers for £40, or get a navy stripe suit jacket for £49 from £70, with trousers priced at £40.

To see the full range, take a look at www.burton.co.uk.

Boost your immunity with cheaper vitamins

BOOTS is offering three-for-two on selected vitamins this month, covering herbal, complementary medicines and healthy digestion remedies.

Seven Seas slumber pillow pearls capsules, containing a special blend of aromatic oils to help you relax before bed, are only £4.20 for a bottle of 20. The pharmacy chain's own brand of vitamin C and zinc tablets are £2.79 for 60.

Pop into your local Boots, or alternatively go to www.boots.com.

Super savings on food from the supermarket

HUNDREDS of great deals are available both in-store and online thanks to Sainsbury's.

The supermarket's own mild-smoked salmon is now half-price at £4.99, with another £3 off its 240g pack of large king prawns. Butcher's Choice smoked and unsmoked thick-cut back bacon is now £2.32 each with a saving of £1.17.

To take advantage of these offers, go to www.sainsburys.co.uk, or go to your nearest store at Westwood Cross.

Put some spring in your outfit with new range

STEP into spring with the new range at Dorothy Perkins.

Outfits that are perfect for warmer weather are available, with a cutesy yellow tunic for £25, a lilac long line shirt for £20 and a white v-neck vest for £5.

For the cooler evenings, mid-wash skinny jeans are just £28 and a grey pleat shoulder cardigan is £18.

For more information, visit www.dorothyperkins.com or visit your nearest store in Ramsgate or Westwood Cross.

Extra money off this ghostly comedy DVD

FANS of Ricky Gervais can get his latest hit Ghost Town at WHSmith.

The film tells the story of Bertram Pincus (Gervais), who dies only to be revived after seven minutes. He wakes to discover he has the ability to see dead people, who all want something from him.

The DVD is £12.93 instead of the RRP of £19.79 and is available at www.whsmithentertainment.co.uk or in your nearest store at Margate, Ramsgate or Westwood Cross.

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YOUR TV REVIEW

BY **TOM BETTS**

THE ONE SHOW
BBC One, 7pm, week nights

COME round my house at 7pm on a weeknight and watch the fireworks fly.

It's a conversational war zone and can get rather heated.

The subject of such vociferous debate? The financial meltdown that has seen all our credit well and truly crunched?

Or perhaps Gordon Brown's grasp on his own seemingly doomed premiership?

No… I'm afraid not.

None of these weighty matters gets a look in when the early evening debate centres on that much more important of topics: the merits of Christine Bleakley, The One Show's very own Irish lucky charm.

I think she's wonderful… those I live with do not, which is a shame.

Christine, who has lit up our living rooms over the last year or so since Myleene Klass decided that having a baby was more important than entertaining the nation, is 'regular Brummie' Adrian Chiles's co-presenter and brings a little light into my life five days a week.

Impeccably turned out and with a smile that could make Armageddon seem like no big deal, the show is in the safest of hands.

Quite why my housemates seem to hate her so much is a mystery to me. They usually slate her dress sense or call her fake, but I'm having none of it… they're just jealous.

After all, she was rather good on Strictly Come Dancing, and in my experience 20-something women instantly hate anyone who can out-dance them.

Whether discussing the merits of Twitter, stamp-collecting or how to plant a row of cabbages, there are very few subjects off limits to Christine and her team of guest presenters, and that is the key to its success.



TEATIME TREAT: Christine Bleakley, co-host of early-evening programme The One Show

If you don't like what they're talking about now, then wait five or six minutes and another subject will be right along – oh, and Gyles Brandreth is often involved, making it even better in my book.

The show has become a mainstay of the BBC schedules since its launch in 2006 and has garnered a large following. The format is perfect while you're waiting for your pizza to cook, or your risotto if you're posh.

Taking the lead from Nationwide, the magazine show that ran for years on the same channel, TOS is destined to be around for many years to come, but let's hope Christine doesn't get pregnant, too.

That really would be a disaster.

YOUR WEEK'S HOROSCOPE BY RUSSELL GRANT



AQUARIUS (Jan 21-Feb 19)
PLAYING hard to get with a lover will pay off in a strange way. They will be intrigued by your unorthodox ways. Don't bother explaining your behaviour. The more eccentric you appear, the deeper you will lure them into your web of intrigue.
• To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762

PISCES (Feb 20-Mar 20)
OBEY your instincts and follow through on a creative impulse. You won't be sorry. Turn a deaf ear to these criticism. By balancing work with play, you're a much happier person. If your partner doesn't understand this, you need to make your priorities clear.
• To find out more about what the stars have in store call Russell on **Pisces** 09067-531763

ARIES (Mar 21-Apr 20)
SEPARATING fantasy from reality will be something of a challenge, especially at work. You need to keep your nose to the grindstone. Don't fool yourself into thinking you are irreplaceable. If you are seen slacking off, you could be fired. Spend time on a pet project after hours.
• To find out more about what the stars have in store call Russell on **Aries** 09067-531752

TAURUS (Apr 21-May 21)
YOU could land a dream job if you put your mind to it. Don't be afraid to be a little aggressive about getting an interview. Competition is fierce, and you need to prove you are tough enough beat it. A youngster or lover may resent all the time you spend on preparing for this job.
• To find out more about what the stars have in store call Russell on **Taurus** 09067-531753

GEMINI (May 22-Jun 22)
BLENDING business with pleasure won't be too hard. If your employer sends you on a trip, be sure to pack a casual, off-duty outfit. Don't let a pessimistic relative cloud your thinking. Their gloomy outlook is at direct odds with your "can do" attitude. That's why you've progressed.
• To find out more about what the stars have in store call Russell on **Gemini** 09067-531754

CANCER (Jun 23-Jul 23)
PROTECT your valuables, or you might just lose them. It's also important to keep your personal identity information under lock and key or someone could charge expensive items to you. A stuffy colleague could try to undermine your authority.
• To find out more about what the stars have in store call Russell on **Cancer** 09067-531755

LEO (Jul 24-Aug 23)
SOMEONE may try to sweep you off your feet. You love their dark mystery, while they worship your creativity. It may feel as though you're walking through a dream in the early stages of this relationship. Be prepared for a surprise when the harsh light of day reappears.
• To find out more about what the stars have in store call Russell on **Leo** 09067-531756

VIRGO (Aug 24-Sep 23)
YOU could make considerable progress with a creative project. Don't get discouraged if you encounter some obstacles at first. Finding imaginative solutions to problems is your specialty. The results of a self improvement regimen are impressive to others, but you're not satisfied.
• To find out more about what the stars have in store call Russell on **Virgo** 09067-531757

LIBRA (Sep 24-Oct23)
PUSH a youngster to develop their artistic talent. Most adults try to discourage young people from pursuing unconventional career paths, but not you. Of course, it's probably wise to encourage your friend to acquire some practical job skills, too.
• To find out more about what the stars have in store call Russell on **Libra** 09067-531758

SCORPIO (Oct 24-Nov 22)
IF you press your point, you can negotiate a better price for a beautiful piece of property. The home of your dreams is within your reach. It may be necessary to get some distance from a depressed friend. This man's grim outlook is beginning to take a toll on your personal life.
• To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759

SAGITTARIUS (Nov23-Dec21)
TAKING an art class could give you the intellectual stimulation you crave. It's fun experimenting with new techniques. Fortunately, your instructor will be open to your outlandish ideas. Career changes are forcing you to make changes to your personal life.
• To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760

CAPRICORN (Dec 22-Jan 20)
SPENDING a little extra money on luxury items is perfectly justified. You've always had difficulty gratifying your whims. Going on an extended vacation helps you loosen up and forget your inhibitions. Make sure to confirm your reservations before leaving.
• To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

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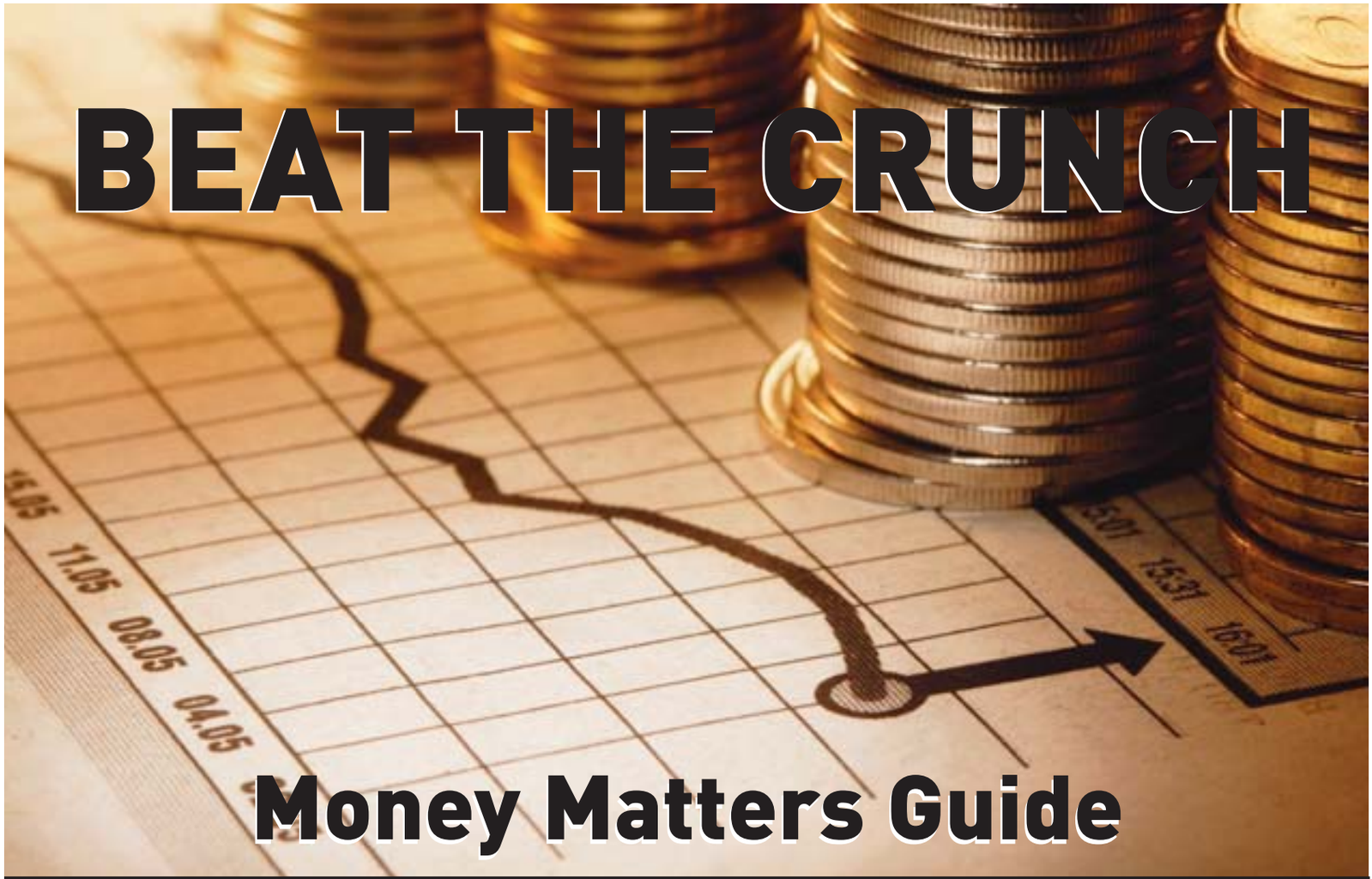
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- Discounts galore from local trades
- Look stylish and save money
- Eating out doesn't need to be expensive
- The return of the caravan holiday
- Make the most of mortgage savings
- Why going green saves business cash
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what's inside

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Vintage clothing is back and it saves you cash. We look at how the Credit Crunch is affecting fashion, and why many people are looking to the past for today's style

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Saving a few pounds here and there is easy really, your grandmother knew that. But we don't want it to make our lives austere. So, here is our Beat The Crunch fun guide to saving.

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About one in seven of you have switched supplier of your gas and electric in the past 12 months. But that figure should be much higher as we force suppliers to compete. It really is easy

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Great food doesn't mean spending a lot and we look at lesser-known cuts of meat that can be turned into something special

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The return of the caravan holiday. This year is a bumper year with sites recording increased bookings and a shortage of quality used caravans. But 2009 is set to be a boom year and remember, children love them

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It's not even spring time but financial experts are urging people to plan for Christmas. Yes really, we explain why

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Going to the gym can cost you £500 a year, so it's no surprise people are choosing new ways to exercise

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It may seem crazy to pay MORE for your mortgage. But with interest rate at an all-time low, you could make a real investment in your financial future

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Our look at the financial markets where to make a killing at this tough time, we discover, all you really need is money

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And if you don't trust the markets or banks, where should you put your hard-earned savings? Well have you thought about art or antique motorcycles? Then of course there's the old favourite: gold

Pages 24-26
Motoring guru Steve Loader takes a look at the bargains to be had at the motor dealers and offers some money-saving driving tips too

Beat the Crunch, part two. Why it can be fun as well

LAST month's Beat the Crunch Guide hit a real note with our readers as we teamed up with businesses from across the county to offer you money-saving vouchers.

The vouchers can get you a special deal on everything from storage to clothing, discounts on cars and massive discounts on home improvements.

So we've done it again for March and here's this month's guide to making your money go further.

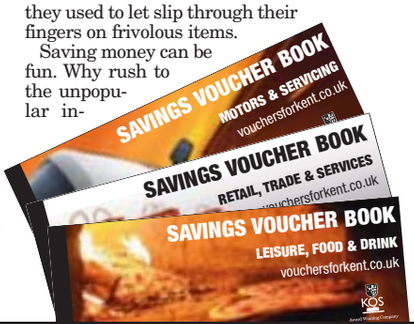
To get your free vouchers log on to vouchersforkent.co.uk, it really is easy and has to be worth a look. Even if you are determined to save, you might just find that something you were going to buy anyway can be bought for less.

And take a little time to look through this supplement, 2009 is not all doom and gloom as thousands of people are discovering.

It really can be exciting too, and for a lot of people there are many positive changes happening in their lives. OK, we know that jobs are under threat, but there are some families for whom redundancy may bring a change of direction for which they will look back and be grateful in future years.

Of course, for other people the crunch has made them sit up and consider where their cash really goes. Many have surprised themselves with the realisation of the wasted cash they used to let slip through their fingers on frivolous items.

Saving money can be fun. Why rush to the unpopular in-laws for that weekend lunch? Slow down, arrive 10 minutes later and save yourself a couple of litres of fuel.



Other people have discovered for the first time the joy of local produce through farm shops and cheaper cuts of meat, which can be delicious and really take only a little more time.

If you stop spending £3 or £4 every day on a lunchtime sandwich (which is £80 a month you'll save) to make your own, ensure your home-made lunch is something you'll look forward to. Pick sandwich fillings you love, or dump sandwiches, try baguettes or a microwavable pre-prepared meal. A bit of imagination goes a long way.

Simply, we believe saving money should not be about having a less enjoyable life, you can still have holidays, still drive nice cars and still look after your home to make it our place of sanctuary.

We hope this supplement helps you take a positive view of looking after your money. Remember life goes on despite the crunch and no-one wants just to live – we should have a life.

FOR ALL THE INFORMATION ON HOW TO INCLUDE YOUR BUSINESS ON VOUCHERSFORKENT.CO.UK TELEPHONE KOS MEDIA ON 01303 817150

Essential guide to where you can save

- Signature Miramar, the retirement and residential home in Beltinge, Herne Bay, is offering 14 nights' stay for the price of 13
- Colour Choice Conservatories in Margate is offering free colour on conservatory orders
- Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins
- County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors
- Home Plus in Ashford and Chatham is offering £200 off when you spend over £1,000
- FG Barnes in Maidstone is offering free six-month road fund licence with all used cars
- Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery
- KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30
- Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products
- Morris & Turner in Medway is offering 10 per cent off any multi-fuel stove
- KOS is offering a big button digital cordless phone for just £24.99 – save £20
- Medway Stoves in Medway is offering a free companion set with with any multi-fuel stove purchased
- Positive impact golf in Manston is offering £10 off any lessons
- County Garage in Herne Bay is offering a free winter health check and free 29-point including wash and vacuum
- Aylesford Self Storage in Aylesford is offering three months' free storage for a year for all new document storage clients
- Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only
- KOS is offering all-seasons duck duvet, two duvets that button together from only £39.99, save over 50 per cent, various sizes
- KOS is offering leather organiser handbag by Jane Shilton only £49.99 inc p&p saving £40 off RRP
- Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus 10% off removals booked

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Not just a pie in the sky idea

Despite the Crunch, one couple explain why they feel now is the right time to expand their food business. Sarah Jeeves and Kevin Davies spoke to reporter **Tom Betts**

ONE couple are defying the crunch by bringing a taste of London down to Thanet.

Pie'n'mash is coming to Margate's old town next month in the form of the London Pie and Mash Shop.

The shop is the joint endeavour of former south London couple Sarah Jeeves and Kevin Davies.

The shop opens on Wednesday, March 11, and will also be selling another East End favourite, jellied eels.

The pair already own the Ramsgate Cafe in Margate Road, Ramsgate, and they are sticking to the premise that quality will always out, whatever the market conditions.

Hence their decision to expand into a more niche market.

Sarah, 23, said: "We introduced pie'n'mash at the cafe and it has proved so popular that we decided to open a shop that specialises in that.

"We will also be selling healthy breakfasts and other snacks and jellied eels."

The shop's minced-beef pies are all freshly made and served with the mash and mysterious liquor that binds the dish together.

Although Sarah will not give up the secret recipe that makes up the green parsley-based liquid, she said: "It's such a key part of it and we think we make a fine liquor here.

"It is tremendously popular with customers."

Good food at affordable prices – now there's a recipe that's always going to be hard to beat.



LOVELY LIQUOR: Sarah Jeeves outside the Pie 'n' Mash shop and, inset, dish of the day

Why this could be the time to start on your own

NOW is the right time to start your own business to secure your own future and beat the recession, according to Jake Shepherd, ***writes Peter Richards***.

Mr Shepherd is managing partner in MSDC, a design consultancy, based in Gravesend.

He says the middle of a downturn was exactly when he launched his own business.

"People often find strength in the adversity of redundancy, a change in direction helps form a new beginning," said Mr Shepherd. "My agency began as a result of recession 14 years ago."

Here are his key tips to anyone considering starting up on their own:

• **Remember** that your potential customers may be disgruntled by the lack of personal service from their current large supplier who is feeling the financial pinch. As a small business you can be more competitive and provide that personal hands-on service your client needs in the current economic climate which the big companies can neglect.

• **There** are many fantastic small businesses out there, they can help provide the specialist resources you need. And you don't need to employ them, you can hire them by project or even partner with them. It will help you to specialise.

• **Think** what sets you apart – what is your unique selling point? It is unlikely that you are offering a totally unique product or service, so it could be your values, a price point, or your quality of service. It can be anything as long as it is clear and simple. I believe that this is fundamental to the success of your business idea.

• **Keep** up with your contacts and network relentlessly to meet more. This means your previous employer, your old and potential new clients. Write, email and telephone.

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Vintage clothes and accessories



OLD STYLE: Vibrant red 1960s cocktail dress with sheer panels and sleeves; glitzy 1980s sequined butterfly belt; (above right) 1980s gold and black strappy sandals

By **LAURA KATE BRADLEY**

BUYING and wearing vintage clothing is currently one of the hottest ways to recycle… and save cash.

An estimated two million tonnes of post-consumer textile waste per year are thrown away and end up in landfill sites.

Morethanwaste.com states that "...over the full life cycle of clothing, there is a range of environmental, social and economic impacts. The growth in fast fashion and consumption is an important contributor to these impacts."

When opting for vintage you are playing an active part in reducing extreme consumption and post-consumer textile waste by recycling.

There are so many wonderful vintage clothes shops to browse, particularly in London.

However, many people don't have time to visit or simply don't have access to them.



Despite there being various online vintage stores, many are massively overpriced or describe and display items poorly.

Love Miss Daisy was launched in September 2008 with a view to providing affordable, high quality vintage clothing and accessories displayed

Lorraine says detox your wardrobe for charity



STITCH IN TIME: Lorraine Kelly is backing Cancer Research campaign for clothes donations

THE recession means more people are shopping in charity shops but fewer people are giving as they hang on to their old clothes to save cash.

Fashionistas in the south-east are planning to curb their spending to become 'recessionistas' in 2009, according to a survey by Cancer Research UK.

Nearly half (46 per cent) the people in Kent will be spending less on clothes and accessories than they did last year in an effort to beat the credit crunch.

Around a quarter (24 per cent) of people in the south-east said they would be looking for charity shop bargains, following the trend for sourcing unique, second-hand or unwanted items to keep up with the 'recessionista' movement of fashion on a budget.

But Cancer Research bosses have admitted donations are dropping as people are more reluctant to pass on their old clothes.

Times are changing but the charity – backed by TV presenter Lorraine Kelly – has launched a 'Detox Your Wardrobe' campaign by spring cleaning their wardrobe and donating ill-fitting or unwanted items to their local Cancer Research UK shop.

The YouGov survey of more than 2,000 people revealed 77 per cent of those in the south-east admit to having clothes in their wardrobes they never wear.

However, only one in eight unwanted items are donated to charity, according to a report from the Institute for Manufacturing at Cambridge University.

Lorraine Kelly said: "We all know that times are tough, but this is an easy way to help raise money for charity. Each bag you donate could be worth up to £30, and this will go towards helping to fund Cancer Research UK's important work. We all know someone who's had cancer so I hope everyone has a good sort through their unwanted items and takes them down to their local Cancer Research UK shop."

Bargain-hunters can also check out brand new items in Cancer Research UK shops or, if they prefer, browse online at www.shoptobeatcancer.org.

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07/03/2009	Saturday	**Fletch**	Hot Jazz from the mid 20th Centrury	£5.00
10/03/2009	Trad Tuesday	**Blue Arcadians**	Traditional Jazz from the 20's and 30's	Free
12/03/2009	Thursday	**Frances Knight**	Smooth Jazz Trio	Free
14/03/2009	Saturday	**Tiffany Wells**	Cabaret Style female impersonator	£5.00
17/03/2009	Trad Tuesday	**ColRose Four**	Traditional Jazz from the 20's and 30's	Free
19/03/2009	Thursday	**Roger Lewin & Sarah Jane**	Smooth Jazz Piano and Vocals	Free
21/03/2009	Saturday	**The Bearing Edge Trio**		£5.00
24/03/2009	Trad Tuesday	**Deco5 Allstars**	Traditional Jazz from the 20's and 30's	Free
26/03/2009	Thursday	**Andy MacLean**	Swing Sounds from the 40s and 50s	Free
28/03/2009	Saturday	**The Barretts**	Django Reinhart inspired guitar duo	£5.00
31/03/2009	Trad Tuesday	**Pilgrims Four**	Traditional Jazz from the 20's and 30's	Free

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clearly and simply, with detailed yet concise and accurate descriptions and measurements. A welcome relief for those who adore vintage but either hate or have no time for rummaging through rails, shelves and boxes full of clothing.

A real treasure chest of hand-picked vintage beauties, Love Miss Daisy sources from Europe, the USA and the UK. Stocking fabulous evening gowns, sassy vintage day dresses, separates, vintage coats and jackets, accessories and all things in between, the collection includes vintage wedding dresses; an ever-growing collection of beautiful, delicate one off gowns at credit-crunch beating prices.

With celebrities such as Agyness Deyn, Sienna Miller and Chloe Sevigny wowing us with their integration of vintage pieces into their headline snatching ensembles, vintage is becoming a must-have. Many wear vintage to illustrate their own individual identities and personalities, but for those who like to incorporate vintage into their avid following of fashion, take a snoop around the seasonal section. In what has become the signature of Love Miss Daisy, each season current stock is matched to current key trends, enabling fashionistas to remain of-the-moment in an eco-chic way.

The beauty of vintage clothing is that it's built to last. Many items have already travelled thousands of miles and had several loving owners in their past. It is fascinating to wonder whose life each piece was a part of before it became a part of yours.

Many of today's fashions and designer collections are influenced by past decades and bygone eras. So, when classic and original items are still obtainable, who wouldn't want to grab themselves a piece of fashion history?

Love Miss Daisy also has birthdays, Christmas and every other occasion covered, with gift vouchers available from the value of £10. Visit: www.lovemissdaisy.com.



CLASSIC: Stunning vintage purple and gold leaf Radley evening dress circa 1980s; super chic 1980s black and tan leather jacket; and above cute 1970s mini satchel bag; far right the Love Miss Daisy Web page



To see this clip, search 'crunch' @ yourkenttv.co.uk



Julie Maddocks looks at how changing your driving habits could have a big effect on your pocket at the petrol pump

Essential guide to where you can save

- Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds
- Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT
- Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking
- H & H Flooring in Deal is offering an extra 10 per cent off all carpets
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NASONS

Essential guide to where you can save

- GG Racing in Ashford is offering £10 off a 1/400th share
- Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains
- Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring
- County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed.
- Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)
- Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100
- Winter Gardens Theatre in Margate is offering discount theatre tickets
- St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free
- Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night
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Don't be bitter, there's



The credit crunch may be all doom and gloom – but there are still ways of raising a smile. **Nick Ames** took time to look at some light-hearted ways to beat the economic blues and have a little fun, too

EVERYDAY foods can be used in a variety of ways so let's take lemons.

They can be used as a cleaner – applying lemon juice directly to deposits of hard water residue in sinks can dissolve them and make a bowl looking sparkling and new.

The juice can also be used to clean and shine brass and copper as well as making a good cleaning paste if mixed with vinegar and baking soda.

Adding the soda to half a lemon turns it into a tool to remove stains and scrub dishes clean.

Lemon juice can even be used as a polish for hardwood furniture if mixed with olive oil.

Then of course you can consume it. Cut into little chunks placed in an ice tray and filled with water it makes a perfect accompaniment to a gin and tonic.

And finally when it is about to go off – pop it into the blender along with some ice, a bit of milk and water for an excellent smoothie.



MOTORING is a major cost for many people so how about some ideas to cut petrol costs.

Driving expert Tim Shallcross of the Institute of Advanced Motorists thinks that drivers can save around 40p a day by reversing into parking spaces.

He says starting a trip by reversing out of the space burns up more fuel as a cold engines requires more petrol than a warm one.

And as the reverse movement requires more manouvering than going straight ahead more petrol is consumed in a short period of time before the engine heats up.

Safety and saving can go hand-in-hand. Sticking to the speed limit means a saving of £12 on a 300 mile journey at 70mph rather than 80mph.

Pumped up tyres keep down wear and tear and fuel costs and open windows on hot days are a more cost-effective measure than a fuel using air conditioning system.

Lastly – planning a route in advance to ensure no detours and off peak travel to avoid jams not only costs less – it eases frustration too.

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lots of ways to save

THE workplace can be a time you can save on costs as well as earn wages.

A thermos of tea or coffee means those expensive trips to a designer coffee shop for that vital decaf latte with cinnamon and nutmeg are a £3.50 thing of the past.

The same with sandwiches and cakes. Making them before the working day starts or the night before and you won't have to fork out for what can be an expensive snack.



Lunch times can be productive – go online and have a look for bargains and you won't be tempted to leave the office.

Flexible starting times mean beating rush hour traffic or being able to purchase off-peak rail or bus tickets.

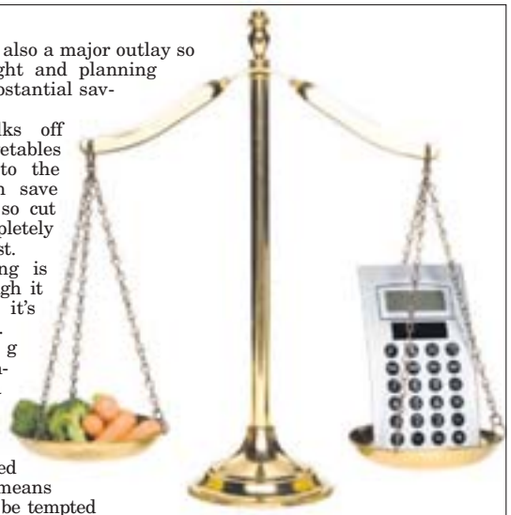
So asking to get in an hour later and stay an extra hour can be a great benefit.

SHOPPING is also a major outlay so a bit of thought and planning can lead to substantial savings.

Picking stalks off fruit and vegetables before going to the check out can save weight – and so cut down on completely unnecessary cost.

If something is pre-bagged weigh it to make sure it's correctly priced.

Shopping around 40 minutes before a store closes will see many items reduced.



Also the need for urgency means that you won't be tempted to impulse buy as you browse around.

Supermarket own brand cereal tastes pretty much the same as every other.

But if you see the need to disguise your thrift just pour it all into a name brand box. It would take very refined taste buds to tell the difference.

Lastly, if you have children turn the whole shopping expedition into a Bargain Hunt style adventure.

Get the little ones to race around and discover the cheapest alternative of any particular product.

The whole thing then becomes a game – and the family is distracted from the fact that they are going to have to eat the cheapest goods in store and you come out the winner.

Essential guide to where you can save

- Theatre Royal in Margate is offering two tickets for £20 (normally £14 each) for The Jives Aces on March 20 at 7.30pm,
- Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides
- Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance
- Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250
- Lexterten furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000
- GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and flue systems
- Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds
- H & H Flooring in Deal is offering free underlay upgrade on all carpets
- Hazlitt Arts Centre in Maidstone is offering two for one comedy nights
- KOS is offering a pressure washer kit £99.99 incl free accessories save £116 on RRP
- Canterbury Car Radio in Canterbury is offering 25 per cent off all prices, on all RRP prices

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Spend some energy on cost-cutting in the home

We all know that switching energy suppliers should go some way to helping you save money. So why are so few people bothering?

By **NICOLE GROSS**

AS most people receive their quarterly energy bill for the winter period, a survey of more than 6,000 Which? members, by Switch with Which?, reveals that only 15 per cent have switched energy supplier in the last 12 months.

Around three in ten of those who hadn't switched said it was because they didn't think it would save them much money, but people that changed supplier or tariff using Switch with Which? saved £257 on average – enough to pay for a romantic Valentine's break, a Which? Best Buy Sony Bravia LCD TV or 571 pints of milk!

Of those who did take the plunge, 90 per cent found it easy to do and most used a switching website. When asked why they had changed their supplier, price topped the list.

Customers can also make savings without switching supplier, by changing to an online tariff, paying monthly by direct debit or choosing a dual fuel option, where gas and electricity is provided by the same supplier.

Alison Morrison, Switch with Which?, says: "There's no doubt that 2009 is going to be a tough financial year and we're all looking at ways to cut our spending, particularly as the winter energy bills start arriving.

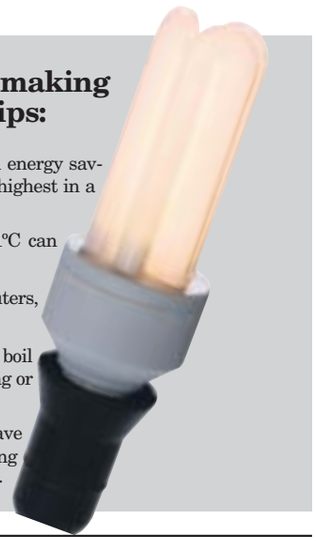
"People may be alarmed at the impact of last year's price increases and shouldn't bank on energy companies cutting their prices by as much as they increased them.

"The potential for an extra £250 in your pocket is a great incentive to change your energy provider or tariff, and help get the year off on a sound financial footing."

Customers can also save on their bills by making their homes more energy efficient, for example, energy-saving light bulbs use up to five times less power than incandescent ones.

Switch with Which? suggests making light fantastic with these top tips:

- Turn off lights when you leave a room and invest in energy saving light bulbs – the Ikea Sparsam stick scored the highest in a recent Which? test
- Lowering the temperature of your thermostat by 1ºC can reduce heating bills by up to 10 per cent.
- Stop suffering from standby and turn off TVs, computers, radios and plug points when you're not using them
- Whether you're cooking or making a cup of tea, only boil as much water as you need and use the small gas ring or hob if possible
- Energy-efficient appliances are a great way to save money on bills. If you don't have an 'A' rated washing machine, try lowering the temperature of your wash.



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Take the heat out of your bills

A SLIGHT change in lifestyle choices could pay big dividends for families trying to beat the high cost of living.

By **NICK AMES**

Increased heating and electricity bills are two things which are combining to make spare cash an increasingly rare commodity.

At present it is people who have oil central heating which have been the worst hit – due to the massive increase in prices for oil which more than doubled this year.

A current fall in the dollar price per barrel has not been passed on to consumers by the oil companies – unlike petrol and diesel for cars.

It is homes in rural area, which use oil heating the most.

But I'd suggest caution listening to experts who say the best way to cut down on bills is either to switch to gas or electric heating.

They are set to rise as well, in the coming months, or install storage heaters which are a cheaper alternative by far.

But changes to the home can be made – and these not only help save cash but are environmentally friendly as well.

- Better cavity walls and loft installation can make a major difference in costs.
- Go on your local council website and find out what grants are available.
- If you are on a low income or are a senior citizen, there's a good chance you can get some free money towards your home insulation.
- Efficient temperature controls such as thermostats are another way of preventing excess heating being generated. Older boilers can prove economically draining.
- Experts recommend replacing those devices which are more than 20 years old or any that are experiencing problems.

Savings in cost of bills will outweigh the initial outlay according to home economic analysts.

- Old fridges and freezers should also be replaced according to the findings for the same reasons – they use far more energy than new equipment.
- Lastly homeowners should ensure that plugged-in appliances are turned off at the sockets when they are not in use and energy-saving lightbulbs are a must, they last much longer.

Free energy advice can be obtained by calling the Energy Saving Trust on 0800 512012.

A home energy check which assesses heating requirements and recommends improvements in efficiency can also be done online.





GET SWITCHED ON: Efficient temperature controls (left) are a way of preventing excess heating; experts recommend replacing electrical devices more than 20 years old

Essential guide to where you can save

- Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000
- Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500
- H & H Flooring in Deal is offering free accessories with all laminate flooring
- Spand Motors in Hythe is offering a free mini valet with any full service
- Theatre Royal in Margate is offering The Riddle of the Sands March 28, 7.30pm. Two tickets for £14 (normally £12 each) quote KOS offer
- The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu
- Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial
- Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub
- Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets
- Acorns health and fitness in Chatham is offering a third off gym membership
- KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP
- Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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Don't bank on getting away with an overdraft

AT a time when banks are feeling the pinch as much as anyone – if not more so – it is vital for savers to balance their books.

Those who go overdrawn need to beware as banks will be quick off the mark when it comes to charging them cash penalties which can reach as much as £40 – half of which can be charged for just writing a warning letter.

Charges have been imposed on millions of people across Britain, and in some cases they have been viewed as unfair by financial watchdogs.

And at times of economic hardship they are the last things cash-strapped consumers want to fork out for.

According to Money Expert, the penalty for exceeding an account limit has shot up some 20 per cent over the last 12 months, with the typical levy now standing at around £30 every time this happens in an account.

In such circumstances, struggling consumers may find that going overdrawn further hits their ability to meet payment responsibilities such as personal loans, credit cards or mortgage contributions.

Customers who slip into minor difficulties can see a mountain of debts pile-up, as banks charge £20 or more to send a letter and charge large amounts for going into overdrafts and missing direct debits.

The website Money Expert states that hikes in unauthorised overdraft fees – equivalent to an additional five pounds every time a limit is exceeded – come in spite of an ongoing investigation in whether such charges are in any way justified.

BY **ANDREW JACKSON**

In a landmark case brought by the Office of Fair Trading, banks are coming under scrutiny for charging such high fees, with certain quarters claiming that they are disproportionate to the costs incurred by the bank for processing the transaction.

Commenting on the situation, Sean Gardner, director of Money Expert, said consumers may be particularly exposed to these punitive charges in the coming months.

He said: "For those people already in their overdrafts the advice is clear, keep a close tab on your outgoings."

But customers who have been charged up to £40 for unauthorised overdrafts, bounced cheques, or failed direct debits are now fighting back against the bank charges.

Banks have long been accused of ripping off customers with the high charges they impose for minor account problems.

Statistics show complaints against banks have soared, according to the Banking Code Standards Board, with most about interest rates and unfair charges.

And public anger at the bonuses given to bankers whose actions have led to the global economic meltdown have fueled the feelings of resentment.



CHARGES: Banks will be quick off the mark to send you a penalty letter for going overdrawn – it could reach up to £40

Essential guide to where you can save

- Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)
- GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvama ride on mower servicing
- Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery
- Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500
- The Fireplace in Sittingbourne is offering 10 per cent off
- Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet
- Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package
- Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased
- KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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*Man.rec.price Offer ends Sunday 29th March

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BY **NICK AMES**

AS the credit crunch well and truly bites diners would probably be excused for feeling that getting a table at a restaurant should be a lot easier.

Well in some cases that's true.

In one case I know of a friend who never managed to eat at London's top tables currently rings some of those who snubbed him in mid afternoon – and asks if they have any tables available for 8pm.

"Certainly Sir," replies the obsequious Maitre de. Laughing my friend replies "Thought so" and puts the phone down.

Top restaurants across the world are all now accepting last-minute bookings which they would have sneered at a year ago.

I got a table at Balthazar in downtown New York after walking in off the street whereas two years ago I called the place up only to be told Madonna had block booked it.

But for the slightly less exclusive places it is not proving easy at all to get bums on seats.

Middle market chains, such as Pizza Express, Pizza Hut, Strada and Japanese noodle bar Wagamama are attracting thousands of customers every week with discount offers and two-for-one specials.

These deals are being downloaded from the internet by bargain-hunting diners across the country each week.

And then there are the coupons given away with newspapers, especially the Sundays who seem to have an offer a week.

Analysts say the reason that the middle market is making such an effort is that they have relatively high fixed costs and so profit margins are tight in times of plenty.

So when fewer people are opting to eat out they can see the profit-loss equation go into the red.

But chains have to be very cautious when they offer deals on meals.



CREDIT MUNCH: Middle-market chains are attracting thousands of customers every week

Bargain deals, get a pizza the action

Usually one thing which will not be any cheaper is drink. Alcohol has one of the highest mark ups of anything served in restaurants so you'll rarely see a buy one beer and get one free on offer. The odd free bottle of wine per table of four would be more likely.

But restaurants catering for families and middle income people know they have to work hard if they are to survive.

Richer people will always eat out say the experts – and there is always going to be the demand for a Chinese or Indian takeaway right across the board.

It's the middle market which is suffering as waiting areas packed in pizza restaurants show and queues outside the high street Italian eateries demonstrate.

There are bargains out there and make sure you take a look on the restaurant chains website before you go.

To see this clip, search 'crunch' @ yourkenttv.co.uk



You don't need to go abroad on holiday. We discover what's on your doorstep that will save you money

Essential guide to where you can save

- Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking
- GG Racing in Ashford is offering £40 off a 1/100th share in racing shares
- Elephant Windows in Ramsgate is offering £100 off with any order placed over £2,000
- A & A Gliderobes in Canterbury is offering up to £100 off
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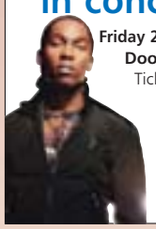


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MARCH 2009
Monday 9th - Wednesday 11th
Jackyll & Hyde
Monday 23rd
Kasabian in Concert

APRIL 2009
Saturday 4th
Disco Inferno
Sunday 5th
The Enemy in Concert
Friday 10th & Saturday 11th
Thanet Beer Festival
Saturday 18th
Essence of Ireland
Sunday 19th
Sooty In Space

MAY 2009
Wednesday 6th
Rob Brydon plus support
Monday 11th
Leon Jackson and Same Difference in Concert
Sunday 17th
Rhydian Roberts in Concert
Tuesday 26th - Saturday 30th
"A Night On The Town" M.O.S Variety

JUNE 2009
Sunday 7th
Central Band of The Royal British Legion
Friday 12th
Here Comes The Boys
Saturday 13th
An Audience with Sally Morgan
Saturday 20th & Sunday 21st
Margate's Big Event

JULY 2009
Friday 3rd
The TakeThat Experience
Saturday 4th
Dead Ringer From Hell
Wednesday 8th - 11th
Childrens Showtime
Friday 17th
The 3 Degrees & Support
Saturday 25th
"In Dreams" Featuring Music from Roy Orbison
Friday 31st
The Real Thing

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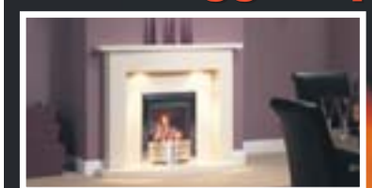
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How is the

We took to the streets of Kent to find out what you think...



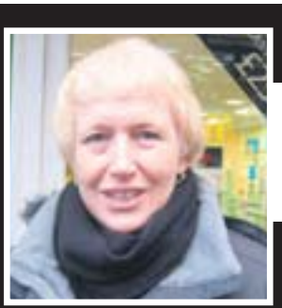
ROBIN ADAIR FROM WILLESBOROUGH, ASHFORD, SAID:

"I have lost a couple of window cleaning jobs in the town, like Woolworths. It's hard to know who to blame. It's all about greed. We can all cut back on things but that won't help the econom"

DARREN GOLDER, MOBILE PHONE SHOP MANAGER IN ASHFORD, SAID:



"I have less spending money these days and have cut back on a lot of luxuries. Our customers aren't worried about new phones at the moment; they are worried about their tariff and airtime. They want to know they are getting good value for money."



KIM SHEARER, FROM DOVER, SAID:

"I haven't been spending as much as I usually would, but that's since I had a new conservatory put up in my house last year which I put on my credit card. I don't want to spend too much extra while I'm still paying for that."

CONAN EVERETT, 24, FROM DOVER, SAID:



"I got made redundant back in January but I've been lucky and have got back into work already. I'm self-employed now. I think I'll be cutting back on what I spend from now on though, like not buying video games and other things that I'd usually just go out and get without thinking about."



JO CLARK, 24, FROM BEARSTED, MAIDSTONE, SAID:

"To save money during the credit crunch I have started to make cut backs such as taking home-made lunch to work instead of going out to buy it, and not using my mobile phone as much. I am hoping to buy a house soon so I have even more of an incentive to save."

MARIA CRITTENDEN, 41, FROM BARMING, MAIDSTONE, SAID:



"I haven't been affected by the credit crunch too much, it seems to be the people who are in debt and I'm lucky I'm not. I have cut back slightly on expensive things and gone for cheaper options when it comes to make-up, food and clothes but I think everyone has."

crunch affecting you?

ANDREW RAMSBOTTOM, 32, UNEMPLOYED OF STAR HILL, ROCHESTER, SAID:



"I'm absolutely skint. I lost my job in October and have found it difficult to get work. I have to watch what I spend my money on. Luxury items such as TVs go right out the window."

JULIA DRUMMOND-HAIG, 24, A DESIGNER OF HIGH STREET, ROCHESTER, SAID:

"The credit crunch has not affected me at all. I haven't spent less, in fact I've probably spent more because everything's much cheaper now, with the high street shops slashing their prices. I'm quite happy with the credit crunch."



CHARLES HAGGER, 55, FROM FOLKESTONE, JOINT MANAGING DIRECTOR OF A MARKETING COMPANY



"We've certainly had the best January that I can remember, in fact we believe we will actually grow during the recession. You get your return on investments from being online, in digital marketing, so we don't expect to do so many brochures and things like that. I haven't personally had to make any cutbacks or change of lifestyle, I think the future's looking bright, but ask me again in six months' time."

ANNALIESE BUSH, 41, FROM SMEETH WHO WORKS IN HR PORT LYMPNE WILD ANIMAL PARK SAID:

"I think I'm quite privileged as my husband works and we don't have children living at home, so it hasn't affected me too much. I don't waste money but I'm not one to change my shopping habits. I always buy from the local butcher, I don't buy packaged meat or anything like that, I do what I can and support my local farmer. I'm thinking I'll invest in antiques as that's the way to go, where else do you put your money?"



MAX DELLAWAY, 20, FROM MARGATE SAID:



"I think the credit crunch has affected everyone's life. If people don't have any money how can they spend it? My income isn't bad at the moment but I go out less now. I used to go out a lot at weekends, but now a lot less, it's actually quite boring."

FRANK CALLAGHAN, 65, FROM BROADSTAIRS SAID:

"Prices have gone up and being on a pension it's hard to make ends meet. I go without a few things, yes. Food prices have gone up, I noticed in Sainsbury's and Tesco a cucumber is £1.28 each, and I love a cucumber sandwich. I have cut down on the thermostat and put on an extra pullover or something like that to keep warm now and things like that."



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Employing greener ways

Eco companies save money and have happier staff

IF you're thinking about moving or refurbishing your office, taking an environmental approach offers real, practical business benefits – for your people, your reputation and importantly your profits.

Here are our top 10 reasons to 'go green':

1 Save money

Being a sustainable organisation can add to your bottom line. Energy saving lighting, heating and ventilation in your offices reduces energy bills. Savings go straight to your profits.

For example, a company that turns over £1 million. Saving 20 per cent on their £40,000 annual energy costs is equivalent to increasing their profit by eight per cent.

2 Cut your tax bill

Enhanced Capital Allowances scheme (ECAs) is a government plan that gives tax breaks to companies if they install certain energy efficient equipment and machinery. Put simply, you can write off the whole of the capital cost of your investment against your taxable profits.

So it's a boost to your cash flow, and your investment takes less time to pay for itself.

3 Staff save you money

Protecting our planet has become an important issue and it is likely that your staff will want to make a real difference. Encouraging it in the office can tap into that commitment within your team.

One way is to promote recycling. So if you're

By **LARA CONAWAY**

planning a move or refurbishment you could, for example, build recycling points into your design, rather than having individual rubbish bins. You'll save paper and reduce your costs.

4 Stay on the right side of legislation

The government is getting serious about going green, and new legislation is constantly coming into force. That can mean hefty fines for companies that don't comply.

Take the European Union's Energy Performance of Buildings Directive (EPBD)2. It was introduced in 2006 to encourage companies to reduce the environmental impact of their buildings. And in January 2009, it becomes law. So if you're planning changes in your office, thinking about the EPBD now could save the headache of financial penalties later.

5 Avoid negative press

Environmental protection organisations are taking a stand against companies they believe aren't considering their responsibilities. Greenpeace, for example, has staged protests where they've found companies using illegally sourced timber from protected forests. Save time and cash by dealing with protestors by avoiding materials which may cause protest.

6 Improve your brand

Consumers and companies are increasingly showing their environmental awareness by choosing to deal with responsible companies. So taking a green stance can give you credibility – and the edge over the competition, which should benefit your profile and profits.

7 Attract the best employees

There's a whole generation of younger workers who've grown up learning about the importance of environmental issues – and it's now a key social concern. Reflecting those ideas at work can be a big attraction for potential employees.

This was shown in a recent survey by Eversheds. Two-thirds of employees said that their working environment had a significant influence on whether or not they'd accept a job.

8 It can keep your team healthy

A green workplace can help reduce absenteeism in your office. Plenty of fresh air and natural light are good starting points.

Volatile Organic Compounds (VOCs) are substances that can be harmful to health. They include formaldehyde, which is in the top 10 per cent of the most hazardous substances to human health. Yet it's found all over many offices, in everything from fabric finishes and fire retardants, to gloss paints and insulation.

If you're considering a move or a refurbishment, choosing products that contain few or no VOCs can help to improve the well-being of your staff, reducing absenteeism… and making you money.

9 Retain staff and encourage loyalty

Your employees' priorities in life may not always match your own. For example, making money for you or your shareholders probably isn't top of their list. But the environment might be.

So if your team sees your company doing good work, you're more likely to have a happy, well-motivated and loyal workforce.

10 It's your chance to do the right thing

According to the Department for Trade and Industry, the built environment – including offices, shops and factories – is responsible for 47 per cent of carbon emissions.

Although it's not always easy being green, businesses have a real opportunity to be cleaner, greener, healthier. And it really can help beat the Crunch.

• Lara Conaway is Sustainability Manager at Morgan Lovell one of the the UK's leading office design, fit out, refurbishment and relocation specialist.



GREEN SCENE: Employees said the working environment had a significant influence

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It's offally cheap and tasty

Nose-to-tail eating is set to become the big foodie trend of 2009 as people look to save money. Offal devotee and foodwriter Sophie Grigson shares her tips for eating innards, plus some tempting recipes

BY **LUCY CORRY**

LOOKED at buying steak recently? What about a nice, fat lamb chop?

If a trip to the butcher – or even the supermarket meat counter – is enough to make you feel faint, then it's time to follow the big new trend in food for 2009.

Offal – everything from oxtail and tongue to kidneys, tripe and heart – is where it's at, followed by other, lesser known cuts of meat.

Once just the preserve of food fetish clubs and wartime cookbooks, nose-to-tail eating is now heartily and hungrily endorsed by celebrity chefs such as Nigel Slater, Hugh Fearnley-Whittingstall and Gordon Ramsay.

Economic pressures combined with a growing sense of adventure in the kitchen and an awareness of offal's nutritional benefits, are now causing the rest of us to follow suit.

After noticing a 50 per cent rise in demand for cheap cuts of meat like lamb neck, Sainsbury's is doubling its range to include old favourites such as pig trotters, beef shin and lamb breast.

Product developer Georgina Stobart says these cuts are returning to supermarket shelves partly due to their reappearance on restaurant and gastropub menus.

"This year we're expecting to see a massive resurgence in nose-to-tail home cooking, as people tighten their belts and look to spend more time 'comfort cooking' and preparing meals themselves," she says.



INNARD IT LOVELY: Stuffed braised lamb's heart; and below right, fried liver, studded with sage leaves and caramelised onions, to take your tastebuds trip back a few years

That's music to the ears of best-selling foodwriter and chef Sophie Grigson, who has loved eating some of the more unmentionable cuts of meat since she was a small child.

"The dish I remember best was sweetbreads cooked with banana and cream," she says.

"It sounds distressingly outlandish but believe me, it isn't. It is fabulously good.

"More familiar steak and kidney pie or pudding occasionally graced the table, but when time was short supper was more likely to be a plate of tender devilled lamb's kidneys, or fried liver, studded with sage leaves and caramelised onions. Tongue was another favourite, cooked, curled and pressed into shape, then sliced thickly and reheated in a sweet and sour sauce."

Sophie says oxtail stew – "so rich and irresistibly sticky and savoury" – remains one of her all-time favourite autumn or winter meals, ladled over steaming buttery mashed potatoes.

She's keen to convert others to the cause and wants to put offal back on family menus.

"Many of us probably haven't eaten offal since we were kids but now it's truly time to get it back on our tables," she says.

"Don't be put off by your childhood memories or squeamishness and miss out!

"Offal is simple to cook and extraordinarily flavoursome, whether it's quick and delicious devilled kidneys or a homely, slow-cooked stuffed lamb's heart, there are cuts and recipes to suit all tastes."

STUFFED BRAISED LAMB'S HEART
(Serves 4-6)
Preparation time: 35 minutes
Cooking time: Under 2 hours
4 prepared lambs' hearts
8 streaky bacon rashers
For the onion and mushroom stuffing:
40g/1 1/2oz butter
1 small onion, peeled and chopped
50g/2oz mushrooms, chopped
75g/3oz sausagemeat
15ml/1tbsp freshly chopped flat-leaf parsley
15ml/1tbsp freshly chopped tarragon
Salt and freshly milled black pepper
2.5ml/ 1/2tsp ground mace
1 small egg, beaten
For the braising sauce:
15ml/1tbsp olive oil
15ml/1tbsp plain flour

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and it's back on the menu

200ml/7fl oz good, hot beef stock
1 x 200g can chopped tomatoes with garlic
Dash Tabasco sauce, optional
100ml/3 1/2fl oz red wine
30ml/2tbsp freshly chopped flatleaf parsley
Preheat the oven to gas mark 4/180C/350F.

Prepare the stuffing, heat half the butter in a large non-stick pan and cook the onion and mushrooms. Transfer to a large bowl and stir in the remaining ingredients.

To make the braising sauce, heat the oil in the same frying pan, add the flour and cook for one to two minutes. Gradually add the stock, tomatoes Tabasco (if used) and wine. Bring to the boil, reduce the heat, season and simmer for five minutes. Add the parsley, cover and set aside.

Season the hearts and spoon the stuffing mixture into the cavity of each. Wrap with the bacon and secure with butcher's string. Heat the remaining butter in the same frying pan and brown the hearts on both sides. Transfer to a roasting dish.

Pour over the sauce, cover and cook for two hours, or until the hearts are tender.

Remove the butcher's string, slice and serve with creamy mash and seasonal vegetables.



Trot along for something different off the supermarket shelf

PIGS trotters have not be a feature of the restaurant menu or supermarket shelf for many years.

Nor for that matter have ox cheeks been popular for Sunday lunch?

But supermarkets are gradually reintroducing these cuts of meat to shoppers bitten by the credit crunch. And they will certainly help hungry families who need to tighten their belts.

Stewing steak costs around £4.30 per lb per shop, compared to fillet, which sells at £19 per lb. And pig's cheeks are £1.35 a lb, while pig's trotters are even cheaper at 90p a lb.

Maureen Strong, nutrition advisor for the Meat Service at the Agriculture and Horticulture Development Board, has looked at the relative benefits to those who start to eat the cuts of meat which were once a staple of the British diet.

"There will be variation in these types of meats, depending on the cut," she said

"Trotters are not renown for their protein content above other cuts of meats, but this will depend entirely on how it is cooked or cut in the first instance.

"The main difference which we can highlight in these types of meats will be the food quality. Try and compare a sirloin steak to a stewing steak and you'll get a similar comparison to pig's trotters and, say, bacon or pork belly.

"The former will take longer to cook and longer to chew – the very reasons these meats went out of fashion some time ago."

JC Rook, one of the county's leading butchers, agree that the trend is towards selling some previously less fashionable meats.

Maidstone manager Stephen Abbott said: "We are selling more stewing steak – that's really noticeable.

"Recently there was a programme with Jamie Oliver talking about how to cook a shoulder of pork and that week we sold out. It's a good thing on the whole. Selling these cuts of meat means we can keep prices of other cuts down – so everyone benefits."

Dietician Amanda Ursell thinks that making these cuts of meat healthy is all about the cooking.

She said: "The good thing about old cuts of meat, like oxtail and pig's trotters is not the meat themselves – as they have considerably less protein – but the things they are cooked with.

"These types of meats are fantastic in soups, stews and casseroles to give a meaty flavour. Add beans, pulses and plenty of veg and you've got yourself a healthy dish that is great value too."

And it isn't just these blast-from-the-past cuts driving down the cost of food. According to the experts, swapping the favourable types of meats for various other cuts, already on the market, could benefit those affected by the credit crunch crisis.

"If people feel afraid to take the plunge with foods like trotters, even swapping chicken breast or sirloin for a shoulder joint can save a family up to 40 per cent," says Richard Cullen from Research and Insight at the Agriculture and Horticulture Development Board.

"The credit crunch has certainly created awareness for a variety of meats on the market that taste just as good – which is a good thing.

"Whether Britons will be running out to buy pig's trotters for their tea every night, I can't say, but I am sure favourable meats on the market will change."



SELL OUT: JC Rook, one of the county's leading butchers sold out of shoulder of pork after it had been featured on a Jamie Oliver (pictured) cookery programme

Friday 20th March 7.30pm



The Jive Aces are the UK's top Jive and Swing band...

and have been together for over 10 years. This extremely popular six piece group have performed at thousands of festivals, theatres and dance halls throughout the UK, Europe and USA as well as Japan, Israel and the Caribbean. The Jive Aces are renowned for their high energy Jump Jive music (the exciting sound where Swing meets Rock 'n' Roll) and spectacular stage show.

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The Jive Aces

The Jive Aces were the recipients of the prestigious "City of Derry International Music Award" for 2006 previous recipients being Van Morrison and Jools Holland.

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Let's carry on camping

The great British holiday is having a revival thanks to the recession, so book your caravan for summer 2009

THE credit crunch is boosting stay-at-home holidays with a massive increase in bookings for caravans and camping sites.

With the Euro almost worth the same as the pound, people are swapping expensive foreign holidays for "staycations" with towed caravans or mobile homes according to travel experts.

Advance bookings for caravan and camping sites for this year are already up 40 per cent on this time last year. And sites are already recording an increased occupancy of 19 per cent – even though it is still winter.

"We confidently predict that 2009 will be the year that welcomes the return of the great British holiday," said Nick Lomas of the Caravan Club, whose membership rose by 10 per cent in 2008.

Quarterly travel and tourism figures released by the Office of National Statistics show that the number of visits abroad by UK residents was down by six per cent for the three month period during the later part of the summer of last year compared with the previous quarter – and in a recent survey by VisitBritain, the majority of those who responded said they would consider British holidays.

And statistics show that although 90 per cent of British people claim to be saving money in this tough economic climate, few plan to cut back on holidays. In light of the decrease in overseas visits, this suggests Brits are still holidaying, but without leaving the British Isles.

Caravanning is the most popular paid-for holiday option, with a 19 per cent share of the market – second only to staying with friends and family. Although the UK offers many different options for those wishing to holiday here, records show that in the previous 12 months, sales of caravans and camping accessories have reached levels never achieved before.



THE WAY WE WERE?: Caravan holidays are set for a dramatic 2009 comeback

(Painting Kevin Walsh, print £29.95 see www.robertopiecollection.com)

Hoseasons chief executive Richard Carrick said the UK would benefit from the projected downturn in the 2009 overseas holiday market as consumers increasingly feel the pinch.

He said: "There is broad agreement that the overall number of trips taken by Britons will not rise in 2009, but neither will it fall much. This means that the UK is well set to benefit from the predicted reduction in overseas trips.

"People will still want to go on holiday but they are likely to take short breaks closer to home as and when they can afford it. It will be a case of 'pack up the car and go', with a continuation in the ongoing trend for very late booking."

The Caravan Club is delighted with the trend and say holidaying in this country adds a massive £180 million to local economies.

Mr Carrick added: "This is the biggest opportunity to sell Britain ever, and we believe the travel trade will increasingly see the benefits of promoting domestic holidays in 2009."

Essential guide to where you can save

- Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12
- H & H Flooring in Deal is offering an extra 10 per cent off all carpets
- Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu
- Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000
- Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price
- Avalone Flooring Ltd in Strood is offering 10 per cent off carpets
- Avinco Limited in Ramsgate is offering 15 per cent off aerial installation
- Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used
- Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors
- Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in
- KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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Holiday Inn Express

BY **ANDREW JACKSON**

It's not too early to start saving for Christmas

It may not even be spring time yet but financial experts are urging people to plan for the future by saving up for Christmas.

Last year less than one in five of the people who responded to a survey by PayPoint, the UK's leading payment collection agency, made a serious effort to save for the festive season.

And one in 10 of the 1,000 respondents admitted they blew an entire month's pay and any bonuses they might have gained on gifts and partying – leaving them with nothing at all when it came to the month of January.

A total of £18 billion was spent across the UK in 2008 on Christmas presents despite the economic slump. Predictions for the coming season say this figure is likely to be exceeded.

And many families felt the pinch for a number of weeks following the festive season.

So it is probably not a surprise that more than 200,000 people have already signed up to begin saving for the holidays in nine months time with Christmas savings company Park which is a partner of PayPoint.

This figure is expected to double in the next few months according to analysts.

Peter Brooker Head of Corporate Affairs at PayPoint said: "Park helps people plan, budget and save for next year."

Savers can use PayPoint outlets to sign up for the scheme and these are located in stores such as Co-op, Spar, Costcutter, Sainsbury's Local and One Stop.

Gary Woods, Park's Managing Director, said: "Christmas is a difficult and expensive time for many, so our partnership with PayPoint will ensure that saving is really made easy with 21,000 PayPoint outlets across the UK and Ireland. On average our customers save almost £400 over the year, removing much of the worry.

"Everything is delivered in plenty of time for the festivities, giving customers time to relax and enjoy time with their families."



CHRISTMAS PREPARATION: Don't let the cost of the festive period catch you out, plan now

Another suggestion is to enjoy the holiday season without all the stress and strain and budget-breaking expenses by having Christmas all year round.

Financial planners say, for example, if your son or daughter wants a new bike, don't tell him he'll have to wait for Christmas. He probably couldn't ride it then anyway.

Instead shop around for a really great buy and surprise him on May 3 and say that Christmas came early.

Spreading Christmas throughout the year is much cheaper and leaves you time to really enjoy the time off with your family.

To see this clip, search 'crunch' @ yourkenttv.co.uk



Setting up a small business? We've sought out the professionals to see if now is the right time to go it alone

Essential guide to where you can save

- St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership
- Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking
- GG Racing in Ashford is offering free memorabilia – buy a share in a racehorse and receive a free mouse mat, coaster, key ring and fridge magnet worth over £10
- KOS is offering luxury Egypitian cotton 400-count percale bed linen. Save up to 40 per cent off RRP

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Working out how to cut costs from home



HOME GYM: Cut expensive gym costs by exercising at home, you only need dumb-bells

By **TONY O'NEILL**

MORE people than ever are beating the credit crunch by keeping in shape training at home.

With gym membership costing around £500, exercising in the home is a growing trend.

Research shows that just 43 per cent pay a visit to their gym on a regular basis where as this time last year the number was 71 per cent.

Around a quarter of those staying in say they work out with their partners.

Hollywood personal trainer Cornell Chin, who has worked alongside stars such as Audrey Tatou and Leonardo Di Caprio, said home training has taken off in a big way.

He said: "The cost is of course a major implication. You do not have to fork out for a gym membership if you work out in your house.

"Then there is the convenience. No time is spent going to and from the gym, you don't need to queue for equipment and you can listen to your own CDs.

"Exercise DVDs can tell you what you need to know just as well as trainers and coaches.

"Lastly if it's cold and wet outside you don't need to make the effort to go out.

"It's all there for you indoors."

Although you can buy exercise equipment for the home, the only item that is vital are dumb-bells.

Popular exercises include bodyweight work such as press-ups, pull-ups, skipping and jogging.

But specialist equipment in the home is also becoming more and more popular.

Nearly half of the people taking part in the survey said they had purchased dome items.

These included treadmills, rings, exercise balls, weights and even bars.

Website www.weightlossforgood.co.uk has identified exercises for home use. On the site details of how to lose weight are shown as well as ways of strengthening muscles.

Experts add that it is a good idea to check with a health professional and ask their opinion before undertaking any exercise, especially if it has been a while since you have undertaken any fitness.

These are their hints:

- Start off gently, and work within your comfort zone
- Increase your effort gradually over several weeks
- Maintain regular breathing throughout the exercises, try not to hold your breath - your muscles need oxygen!
- Try to keep strict form with control, not using momentum.

They also emphasise not to undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop.

Essential guide to where you can save

- Cox & Son furniture store in Ramsgate is offering to upgrade your carpet underlay for free, give super for standard price, and deluxe for super price
- Avalone Flooring Ltd in Strood is offering 10 per cent off laminates
- Avinco Limited in Ramsgate is offering a free consultation on digital TV
- Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used
- Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool
- Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt
- Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms
- Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture
- Old Sawmills in Ashford is offering 20 per cent off all showroom items
- PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOTs
- KOS is offering ultra slim Danish Skagen watches only £69.99 save £20 on the RRP
- Thorley Tavern's Oak Hotel in Ramsgate is offering 20 per cent off its bar-food menu

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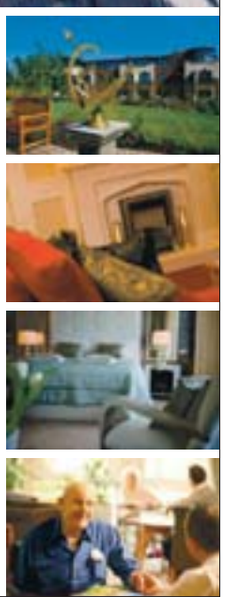
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Your mortgage could be a fast tracker to savings

By **GARY WRIGHT**

WE may be in tough times financially, but falling interest rates mean many mortgage holders have a great chance to make their lives better.

Interest rates were slashed again on March 6 to half of one percent.

So the advice is: Pay more.

Now that may seem crazy but if you have any form of tracker – the type linked to the bank base rate – or variable mortgage, you will have seen your monthly payment tumble over the past six months.

If you have a mortgage of £100,000, you are up at least £200, every month.

Now you could spend that money on some of the spectacular bargains on our high street, which is what the government wants because you'll be helping pump money into our economy, saving jobs, securing the future of Britain etc etc. However, a typical UK borrower with a 25-year £113,000 tracker mortgage in October 2008 is saving £218 a month according to the Council of Mortgage Lenders. You can add another £45 a month after the February half per cent cut.

And if you carry on paying the same amount you should be quids in. Analysts say you could knock years off your mortgage and benefit by not becoming used to spending that extra cash.



QUIDS IN: HSBC (inset) wrote to tracker mortgage customers about the benefit of overpaying; and (main) Cheltenham & Gloucester's marketing director said overpaying is a smart move

From your own point of view, you are no worse off than you were six months ago but you will help combat any loss of equity in your house and you will be reducing your interest payments and loan term in the long run.

HSBC wrote to 30,000 of its tracker and variable rate mortgage customers to explain the benefit of overpaying.

Meanwhile, Lloyds TSB reported that since November it has received more than 27,000 requests from customers wanting to set up overpayments and within days the interest rate was slashed by another half a percent.

HSBC says overpaying by £100 a month on a £150,000 mortgage at three per cent will save £11,482 in interest and shorten the term by four years and three months.

Stephen Noakes, Cheltenham & Gloucester's marketing director, is on record saying: "For those who can spare the extra money, making overpayments is a smart move. Not only can it trim years off your mortgage but with house prices falling, overpayments will help to protect the equity in your home."

Remember interest rates will go up again some time in the future and for the thrifty who have not got used to the current low rates, they will not be hit when things do start creeping up again.

If your job is secure, getting used to low interest rates is a bad thing. When they do start going up you will have to readjust. Yet now you can help pay off your mortgage more quickly and benefit from the fact interest rates are at an all time low for any savings you might have.

Essential guide to where you can save

- County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead
- Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting
- Nasons in Wincheap, Canterbury, is offering 10 per cent off carpets
- Oliver Carpets in Ramsgate and Herne Bay is offering 15 per cent off when you spend more than £600
- Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free
- Robins and Day Motors in Canterbury is offering a free winter health check on production of KOS voucher (normal RRP £19.99)
- Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu
- Ideal Home Improvements in Sheerness is offering 10 per cent off advertised rates
- Kitchen to Table in Rochester is offering £10 off goods with an order value £50
- KOS – Save £200 on the Toyota CB04T Mark II sewing machine only £99.99 inc p&p
- Thorley Tavern in Broadstairs is offering a free glass of wine with The Table d hote menu Monday to Friday
- Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus free packing boxes and paper tape for all removals booked

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Cash is still king

Some people are looking to make money as the financial markets collapse. **Sarah Hamilton** discovers how some are managing to do it with investments

IN TIMES of economic gloom most attitudes are just "ride out the storm and let things get better".

But for a few far-sighted individuals the cash trough is a peak of opportunities to make a fortune.

Back in 1974, when the UK stock market was suffering its worst decline since 1929-31 – it was to fall 70 per cent – the investment guru of the era, Jim Slater propounded a truth that came to define the period and later became something of a cliché – "cash is king".

His words were: "You can't always turn shares into cash, or property into cash, or works of art into cash. But you can always turn cash into other things."

So, at the top of any would-be rich person's list should be the retention of a pool of cash.

This empowers investors to take advantage of an opportunity when markets over-correct and throw up bargains, as this present crisis will inevitably do. A second basic principle to accept is the spacing out of investments over time to avoid the trap of buying at the top or on a short-lived 'bounce'.

Over the past six months investors have sought to buy into bank shares convinced that they can fall no further – only to find that they have done so dramatically.

No-one knows where the bottom will be or when it will be reached, though this has not deterred investors from losing a great deal of money on the conviction that they alone are the ones that know. So be careful.



SHARES: Oppotunity to make money?

Central to UK investor concerns is a return of inflation as pressure grows on the Bank of England's Monetary Policy Committee to cut interest rates. Investors can take out some protection through a product that has fallen out of fashion in recent years: index-linked Government stock.

This can be bought though a stockbroker or purchased through National Savings and Investments. It is currently offering two index-linked bonds of three and five years which pay a rate of 1.35 per cent plus the Retail Prices Index rate of inflation. The RPI rate is 4.1 per cent, giving a rate of interest paid of 5.45 per cent.

As the money earned is tax free, the total for a higher rate taxpayer is equivalent to 9.08 per cent. Investors can subscribe for a maximum of £15,000 through NSI.

Property is the asset class from which investors and their advisers most recoil at present, it's a brave investor who looks at real estate – particularly in the USA. But there are powerful reasons for doing so.

As with the UK, 'average' figures are misleading as the US market covers areas of almost complete price collapses such as Detroit and areas such as up-market New York City and California, where values have held up relatively well.

Another area of investor interest at present is arable land. Values have risen in some areas of the UK by as much as 26 per cent in the past year due to the higher world prices being obtained for crops such as wheat.

This pressure is unlikely to relax any time soon. And investors who do not want to take on the responsibility of farm management can invest through a specialist fund.

Increasingly attractive are exchange traded funds consisting of precious metals and gems which are traded on the stock market and allow cheap exposure to commodities previously out of reach from ordinary income people.

Investors should also widen their choice of assets in this category to embrace exposure to the increasing green energy and renewables sectors. Those who do not have the confidence to invest in this sector directly or who wish to spread their risk can enter through funds such as the £51m Jupiter Green Investment Trust.

One thing is clear from all of this information – there are plenty of ways for forward-thinking portfolio managers to beat the credit crunch and make strong returns even in today's uncertain times.

To see this clip, search 'crunch' @ yourkenttv.co.uk



Recycling may not immediately spring to mind as a way to stretch your budget, but it can. Here's how…

Essential guide to where you can save

- County Bed Company in Strood and Tonbridge is offering a free memory foam pillow with any memory foam divan or mattress
- Lindsay's Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack
- Nasons in Canterbury is offering 10 per cent off tiles
- Pomphreys in Sittingbourne is offering half-price MOT with every service
- The Pavilion in Broadstairs is offering a buy-two-get-one free breakfast from 9.30-11.30am, on Saturday and Sunday

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Henry VIII's Royal Jousting Tournament	26 – 31 May
Gardening & Craft Weekend	6 – 7 June
'Plant to Plate' Food Festival	5 – 6 September
Family Fun Weekend with Jousting	19 – 20 September

* Admission to the trials is free but a valid 'Key to the Castle' ticket is required to gain entry to the castle and attractions.

Keep up to date with events by visiting www.leeds-castle.com

Golden advice for all you savvy investors

By **NICK AMES**



PRECIOUS: Gold bullion is a safe investment

WITH confidence in the stock market at a low ebb, house prices down and savings losing in value, the question for 2009 is simple: Where can money be safely kept to ensure long-term future prosperity for those with savings?

As 2009 gets under way, antiques, paintings and even postage stamps or classic motorcycles are all seen as better alternatives than stocks and shares.

Old Masters, Ming vases and penny blacks are possibly beyond the reach of most mid-range savers.

But there is one thing that is guaranteed to keep its value. Gold.

Gold bullion beat all other precious saving alternatives in 2008, the second year running and the third time since 2005.

A £1,000 investment in gold bullion on New Year's Eve last year would now be worth more than £1,427, according to BullionVault, a global gold dealer.

During the same period, the FTSE100 index of the UK's top firms has dived by almost one-third of its value - turning £1,000 into less than £689.

Then there was residential property, which before tax, maintenance and mortgage costs has transformed every £1,000 invested into just £870, according to Nationwide figures.

In part gold's rise over the year has been largely dependent on the loss in value of sterling against the US dollar, the currency gold is priced in. In dollar terms gold rose just three per cent in 2008.

But looked at long term gold is a good bet. The FTSE has plummeted by 36 per cent since its record peak of 6930, on New Year's Eve 1999.

On the other hand, since the turn of the century, gold has risen by 246 per cent against the British pound.

BullionVault's, Adrian Ash told website thisismoney.com: "Since Gordon Brown sold half the nation's gold reserves at rock-bottom 10 years ago this May, gold bullion has been by far the best-performing asset class for British investors overall."

Analysts have stated that gold looks very attractive in 2009 – if for no other reason that the year looks bad for everything else.

Historically gold rose during the last bout of sharp deflation in the Great Depression of the 1930s when US President Franklin Roosevelt revalued gold by 60 per cent and devalued the dollar by 60 per cent. This made gold's value increase from $22/oz to $35/oz.









Savers cash in accounts to reduce motoring bills

By **STEVE LOADER**

WITH savings accounts currently delivering such poor interest, many people see trading in a 'gas guzzler' for a cheaper and more economical model as a better return on their investment.

And there is some 'green' kudos to be had.

The Government is using escalating road tax or VED (vehicle excise duty) to drive people into smaller and cleaner cars too.

The current scale is zero to £400/year and set to become tougher. By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

As a result, some manufacturers have produced models that are actually exempt from VED by sneaking below the 100g/km CO2 emissions mark and into band-A.

Most manufacturers also now have an 'Eco' sub-branding for their lowest emission models. Ford, for instance, is using the ECOnetic label to highlight the most environmentally-friendly versions of key models such as the tax-exempt Fiesta ECOnetic – arch-rival Vauxhall uses the ecoFLEX sub-branding.

Brilliant as they are, 'eco' models often cost more since they have diesel engines and special 'green' features that do not yet deliver the economy of scale savings available to makers across the whole model range.



FORD FOCUS ECONETIC: The ultra green version of the UK's No1 seller is tempting



VAUXHALL'S ASTRA 1.7-LITRE DIESEL ECOFLEX: (Right) Capable of returning a similarly frugal consumption figure

What is more, saving road tax is not such a great incentive when many conventional superminis sit in the lowest road tax band of £35 a year anyway; over three years with an eco model, saving £105 is irrelevant if you spend far more on buying that car in the first place and are then putting expensive diesel in the tank.

So, check out conventional equivalents of eco models and don't dismiss petrol power; that fuel is still cheaper and makes sense for lower mileage users, while emission and consumption levels are closing the gap on diesel equivalents.

Diesel engines also tend to be heavier, so you could find yourself going through tyres more quickly.

Don't ignore alternative power options either, such as liquid petroleum gas (LPG) or hybrids – see our 'Diesel called into question' article.

Finally, just look again at what you have to part-exchange; you might have lost a packet in depreciation on that big 4x4, but work out what it will cost you to run it for the next three years – it might be a lot less than the cost of chopping it for a new car.

Essential guide to where you can save

- Lindsay's Driver Training in Hythe is offering ADi Training course – £30 off a two-hour session
- Lordswood Leisure Centre in Chatham is offering free function hire
- Pomphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service
- Simply Sofas & Beds in Strood is offering 10 per cent off beds
- Living Out, Log Cabins in Maidstone offers free installation on all its standard range of cabins
- Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months
- Baileys Nissan in Canterbury is offering 15 per cent off MOTs
- Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March, 2009. Meal is from the regular menu
- Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress
- FG Barnes in Maidstone is offering free Diamondbrite paint and trim protection with all used cars
- KOS is offering goose down surround pillows from only £24.99 inc p&p. Save up to £125 on RRP

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Chevrolet range fuel consumption in mpg (L/100 km), urban 40.9 (6.9) to 26.4 (10.7), extra urban 67.3 (4.2) to 38.7 (7.3), combined 54.3 (5.2) to 32.8 (8.6) the official co2 emission is 119 to 225 g/km.

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Motability

GET REAL CHEVROLET

Diesel called into question

DIESEL has become the fuel of choice recently as UK buyers seek to cut costs, but do the sums still add up?

By **STEVE LOADER**

Part of diesel's appeal was the cheapness of the fuel, greater mpg and the ability of the engines to deliver better pulling power low down in the rev range and to meet tighter emissions legislation.

However, diesel now commands an increasing premium against petrol and there are doubts whether the engines can continue to meet ever-tougher emission laws.

Meanwhile, petrol has retaliated with smaller, lighter and cleaner engines with turbocharging and even supercharging for extra flexibility, while there are other options emerging to save money and the planet:

HYBRID

Current hybrids use petrol engines in tandem with electric units and Peugeot is planning to bring a diesel version to market soon.

But two powerplants and power supplies – fuel tank plus batteries – mean extra weight, while production complexity means higher prices so buyers need to cover many miles to counter this. Motorway mpg is also hardly better than a standard car.

LPG

Liquefied petroleum gas (LPG) looks like an excellent alternative fuel due to lower duty and emissions, cheaper car tax and grants towards the higher cost of buying new or converting older vehicles to run on LPG.

There is also a plentiful UK LPG supply as a spin-off from natural gas and refinery production of other fuels. There are many more LPG filling points across the country too – Kent now has some 40 LPG sites – and Proton recently launched a petrol and LPG version of its GEN-2 family hatchback for the same price as the petrol-only model (£10,765).

LPG costs about half that of petrol and diesel at the pump, emits about 20 per cent less CO2 than petrol and slightly less than diesel and fewer NOx and particulates than diesel. However, the calorific value and consequent mpg is slightly lower than for petrol and it will cost at least £1,500 to convert an existing vehicle via an approved LPG Association operator.

ELECTRIC

Electric-powered vehicles should be cheap to run, but battery technology cannot yet guarantee ranges to satisfy would-be owners. There is the worry too that the car's emissions are being transferred from the exhaust pipe to the chimney of a fossil fuel-burning power station.

BIOFUELS

Fuel derived partly from vegetable matter appeals since plants absorb CO2 during growth and simply release it again when burned – a virtuous circle. They currently divide broadly into biodiesel and the petrol alternative bioethanol and most road fuels sold in the UK will contain at least five per cent biofuel by next year anyway. Some specialist vehicles run on higher 'bio' concentrations, but there is concern that using arable land or forest to grow 'biofuel' plants will strain global food supplies.

HYDROGEN

Use of this abundant gas to power electrically-driven cars looks like the future. Hydrogen cars are zero emission, producing only water as a by-product, but it is proving hard to establish the cost and possible emissions side-effects of producing the hydrogen fuel. It makes no sense for conventional power generators to burn oil, coal or gas to produce this emissions-free wonder fuel.





ECONOMY: Peugeot (top) is marrying its diesel expertise with electric power to create a new generation hybrid car to attack Toyota and Honda's petrol-electric models. Could it offer the best of both worlds? Meanwhile (below) Proton offers a petrol/LPG dual-fuel GEN-2 model for the same price as a standard petrol model, saving would-be buyers £1,500-2,000

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By **STEVE LOADER**

Clever driving is key to cheaper motoring

SAVE money by downsizing and running a cheaper car and then gain even more by smarter driving and journey planning.

For a start, you can save pounds and wear and tear on the car by avoiding short journeys and perhaps get fitter too by walking or cycling; a cold engine can produce 60 per cent more pollution than a warm one and a car used for many short journeys needs extra servicing and wears its engine out faster.

More fuel is wasted and higher emissions are also generated from a cold start – traffic on UK roads contributes 26 per cent of the nation's total carbon dioxide emissions (CO_2).

However, if your car journey is a must then follow these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

• Plan your route – forethought can save wear and tear on car and driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute, think about car sharing, 'Park and Ride' bus schemes or other public transport.

• Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines reduce fuel economy by ten per cent or more. Catalytic converters are environmentally friendly, but only when maintained.

• Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

• Obey speed limits to save money and stay legal. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style will save fuel, but never coast in neutral or with clutch pedal depressed to save fuel – vehicle control must not be compromised.

• Accelerate briskly without racing the engine – pulling away too fast uses up to 60 per cent more fuel. Intelligent gearchanges at modest engine speeds can cut fuel consumption by up to 15 per cent.

• Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan.

• Buy green fuel and use less. Seek out low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) supplies locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO_2.

• Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue.

• Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

• Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

• If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at:
www.yourkenttv.co.uk/community.



TAKE NOTE: After downsizing to frugal models like the diesel Nissan Note, look at your driving style to make yet more savings



PRESSURE: Keep on top of tyre pressures to save fuel and wear and tear

Essential guide to where you can save

■ Spand Motors in Hythe is offering 10 per cent off MOTs when pre-booked

■ Simply Sofas & Beds in Strood is offering 10 per cent off sofas

■ Dartford Portable buildings in Dartford is offering up to 15 per cent off timber buildings. Finance options available on Crompton garages

■ Living Out, Log Cabins in Chestfield and Maidstone is offering 10 per cent off

■ County Garage in Herne Bay is offering a free protection pack worth up to £400. Free full tank of fuel, free Gard X Paint and interior protection, free front and rear mats

■ Aylesford Self Storage in Aylesford is offering free used boxes for all storage customers

■ Home Plus Furniture in Ashford/Chatham is offering £75 off when you spend over £500

■ FG Barnes in Maidstone is offering a free MOT for period of ownership when done with a service

■ Orchard Spot in Maidstone is offering 10 per cent off a wedding package

■ KOS is offering Five Global knives set, scissors and block, £199.99, save £150 off RRP

■ Kentish Hardwood in Rainham is offering 10 per cent off selected hardwoods

■ KOS is offering Remington Titanium Washable Shaver, £49.99 inc p&p £50 off RRP

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(04)TOYOTA YARIS VERSO 1.3 T SPIRIT AUTO, 5 Dr, Red, Air Con, PAS, Remote C/Lock, Alloys E/F/Windows, ABS, CD, Reverse Sensors,1 Owner, 30800 Miles, S/Hist., I.Gp 5..... **£6295**

(04)TOYOTA COROLLA 1.6 T3 AUTO, 3 Dr, Silver, Air Con, PAS, Remote C/Locking, Alloys, E/F/Windows, ABS, CD, Dealer+1 Owner, ONLY 9900 Miles, S/History, Ins.Grp 6..... **£5995**

(56)HYUNDAI ACCENT 1.4 ARCTIC AUTO, 3 Dr, Black, Air Conditioning, PAS, Remote C/Locking, Alloys, E/F/Windows, ABS, CD, ONLY 3400 Miles, S/History, Ins.Gp 7 ..... **£5995**

(56)KIA PICANTO 1.1 LX AUTO, 5 Dr, Black, Air Conditioning, PAS, Remote C/Locking, E/Windows, ABS, CD Player, ONLY 8800 Miles, Ins.Gp 3, RFL £120 p.a..... **£5495**

(03)HONDA CIVIC COUPE 1.7 VTEC AUTO, 2 Dr, Met.Green, Air Con, PAS, Remote C/Locking, Alloys, E/Windows, ABS, CD, Sunroof, 2 Owners,21500 Miles, S/History, Ins.Grp 11 ..... **£4995**

(03)NISSAN MICRA 1.4 SE AUTO, 5 Dr, Black, Air Con, PAS, Remote C/Locking, Alloys, E/F/Windows, ABS, CD, 2 Owners, 37100 Miles, S/History, Ins.Gp 4 ..... **£4495**

(51)TOYOTA YARIS 1.3 CDX AUTO, 5 Dr, Pale Green, Air Con, PAS, Remote C/Locking, Alloys, E/F/Windows, ABS, CD, Sunroof,2 Owners, 45000 Miles, S/History, Ins.Gp 5 ..... **£4295**

(52)NISSAN ALMERA 1.8 E AUTO, 3 Dr, Met.Blue, PAS, C/Locking, E/F/Windows, Alloys, 2 Owners, 30500 Miles, S/History, Ins.Gp 7 - PRIVATE CUSTOMER SALE **£3495**

(X) HONDA CIVIC 1.4 SE AUTO, 3 Dr, Red, Air Conditioning, PAS, Remote C/Locking, Sunroof, Alloys, 58500 Miles, 7 Service Stamps, Ins.Gp 7, RFL £120 Per Year..... **£2794**

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9			7				4	
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MEDIUM

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HARD

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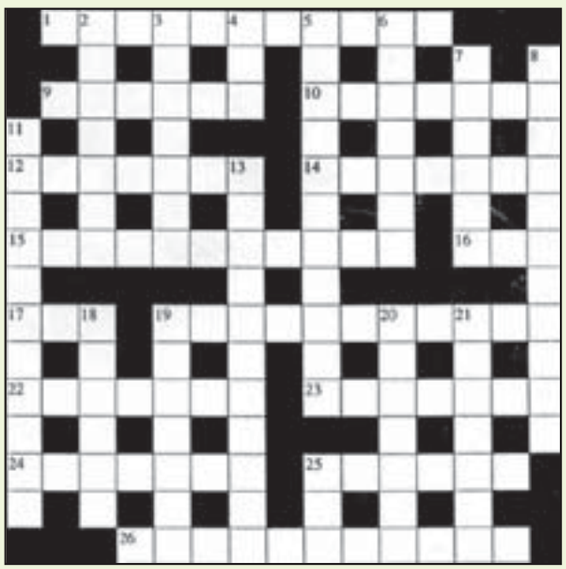
ACROSS

1 German citizen's sausage? (11)
9 Carry off salt by canal (6)
10 Outstanding type (7)
12 Gold helicopter blade back in New Zealand health resort (7)
14 Fit for taking over (7)
15 Alcoholic liquor coming from the forest? (6,5)
16 Bird entitled to appear within (3)
17 Won back immediately (3)
19 Isn't this ball round? (6-5)
22 Employ too many in to cover manoeuvrability (7)
23 Confide in some women trustees (7)
24 Said knight's title (7)
25 Many a flighty creature is cringing (6)
26 There's no knowing where you,ll be going on this trip (7,4)

DOWN

2 Makes fun of heavyweight apple! (7)
3 Impartial gear (7)
4 Healthy fellow with sex-appeal (3)
5 Revolutionary leader clothes Peter in France (11)
6 Question Devon banker about a half minute (7)
7 Show off one Parisian in maisonette (6)
8 Last, but three to score (11)
11 Trustee Joan removed drier device to confuse enemy (6,5)
13 Term Don Juan could have used for suspension (11)
18 Why go wrong in the boat? (6)
19 Abstract problem with army exercising (7)
20 Take away cart Ted smashed (7)
21 New male in France (7)
25 Endless trouble from motor (3)

SCRIBBLE HERE



QUICK CLUES

ACROSS

1 Dejection (11)
9 Enthusiast (6)
10 Pause in line of verse (7)
12 Ornamented (7)
14 Patterned flooring (7)
15 Papal state (7,4)
16 Constrictor (3)
17 Thrash (3)
19 Destination (8,3)
22 Spanish nobleman (7)
23 Songlike (7)
24 Impose something unpleasant (7)
25 Town in Cumbria (6)
26 Mesmerising (11)

DOWN

2 Become equal (4,3)
3 Oceanic (7)
4 Kernel (3)
5 Special (11)
6 Distinctly (7)
7 Residential district (6)
8 Not attempting to hide blemishes (5,3,3)
11 Seat that turns round (6-5)
13 Maximum marks (3,3,2,3)
18 Adapt (6)
19 Merrymaking (7)
20 Underpants (1-6)
21 Each inn (anag.) (7)
25 Gear (3)

LAST WEEK'S SOLUTIONS

SUDOKU SOLUTIONS No77

EASY

8	9	7	1	2	6	5	4	3
2	6	3	8	4	5	1	7	9
5	1	4	7	9	3	8	6	2
6	5	8	2	1	9	4	3	7
4	3	1	6	5	7	9	2	8
9	7	2	3	8	4	6	5	1
1	8	6	4	7	2	3	9	5
3	2	9	5	6	1	7	8	4
7	4	5	9	3	8	2	1	6

MEDIUM

1	6	3	7	2	8	5	9	4
5	9	8	3	4	1	7	2	6
4	2	7	9	5	6	3	8	1
9	4	6	5	1	3	2	7	8
8	1	5	6	7	2	4	3	9
3	7	2	4	8	9	6	1	5
7	3	1	8	6	5	9	4	2
6	8	4	2	9	7	1	5	3
2	5	9	1	3	4	8	6	7

HARD

3	2	7	8	4	1	5	9	6
1	5	8	2	6	9	4	3	7
6	9	4	5	3	7	8	2	1
4	1	5	6	2	3	7	8	9
7	3	2	9	5	8	1	6	4
9	8	6	7	1	4	3	5	2
5	4	9	3	7	6	2	1	8
8	7	3	1	9	2	6	4	5
2	6	1	4	8	5	9	7	3

Answers to all of this week's quizzes can be found on our website

CRYPTIC SOLUTION No77

ACROSS: 1 Basketball 6 Bill 9 Use up 10 Also 11 Herb 13 Under lock and key 14 Tidemark 16 Writer 18 Vagary 19 Proforma 22 In the first three 24 Lulu 25 Aged 26 Bambi 27 Tusk 28 Dead-letter. **DOWN:** 1 Bouquet 2 Stead 3 Export market 4 Blazonry 5 Lusaka 7 Ice-skater 8 Lobbyer 12 Unprofitable 15 Digitalis 17 Presided 18 Veinlet 20 Atelier 21 Jingle 23 Remit.

QUICK SOLUTION No78

ACROSS: 1 Despondency 9 Zealot 10 Caesura 12 Wrought 14 Parquet 15 Vatican City 16 Boa 17 Lam 19 Journey's end 22 Hidalgo 23 Lyrical 24 Inflict 25 Kendal 26 Hypnotising. **DOWN:** 2 Even out 3 Pelagic 4 Nut 5 Exceptional 6 Clearly 7 Suburb 8 Warts and all 11 Swivel-chair 13 Ten out of ten 18 Modify 19 Jollity 20 Y-fronts 21 Enchain 25 Kit.

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Sloping off for a new experience

BY **ABIGAIL JACKSON**

I'VE always been slightly envious of people who ski.

In the dreary gloom of winter, they're buzzing with pre-holiday excitement; gleefully checking weather reports before jetting off to the mountains, returning days later rosy-cheeked and elated – while the rest of us battle mild flu and seasonal affective disorder.

I longed to discover the secrets of the slopes, the mysterious joys of après ski. As an adult ski virgin, I was pretty sure I had left it too late.

Skiers have been doing it all their lives – how would I ever learn now? Even the language of skiing was foreign; I thought salopettes were a fancy kitchen utensil.

So when I was offered the chance to pop my skiing cherry with four days in Kirchberg, in the Tyrol region of Austria, I couldn't believe it – now I too had a reason to like January!

But it wasn't long before doubts set in...

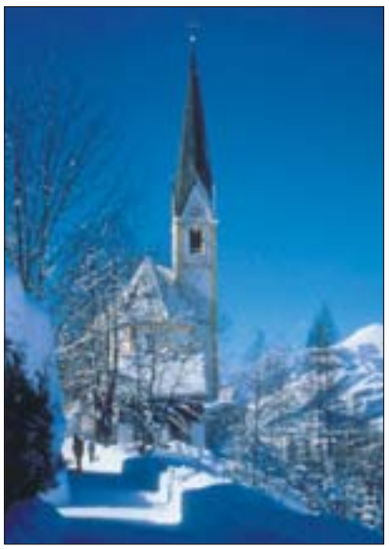
My approach to packing has always been a last-minute, mad-dash affair.

Sift through wardrobe the night before and shove anything into the case that fits. Doesn't work with skiing. Getting the right gear was the first challenge. Even the socks had to be right. Thankfully, you can get most of it fairly cheaply on the high street these days.

Friends advised me to do leg exercises in advance, to avoid the dreaded 'calf burn', as one colleague put it. I didn't have time. Days before setting off, I read an article about common ski injuries, and the importance of remembering: 'Skiing is a sport'.

What was I getting myself into?

On the 90-minute transfer from Innsbruck airport to the small town, or large village, of Kirchberg, I discover that all the other members of my group are experienced skiers and quite at home talking about red runs, powder and drifts.



SNOW PERFECT: The church in the village of Kirchberg

But a hearty welcome meal sorts me out. Austrian food is wholesome and meaty – heaven for a carnivorous foodie like me.

The holiday kicks off with some evening tobogganing. And that's when I start to feel the magic. Snow! Glorious, fluffy, white snow! I feel like I'm five years old again; overcome with delirious joy at the sight of it. And tobogganing is just like sledging when you're a kid. Only when you swap a hill for a mountain, it's a million times better!

After two runs, I've developed an acute taste for speed and can't wait to hit the slopes in the morning. But before that happens, there are a few more necessities to tackle.

First off, getting kitted out with skis and boots. Just carrying the things back to the hotel is a mission. And walking in the boots is impossible.

Getting to the slopes from Kirchberg requires a short, free bus ride. I'm told most beginners start off on nursery slopes with group lessons. But I'm lucky enough to get a private instructor and we head straight to a blue run.

She starts off teaching me the plough, a position which enables beginners to glide down the slope slowly. I feel like Bambi taking his first wobbly steps.

"Whatever you do, don't lean back," my instructor advises, "or you'll be straight on your backside."

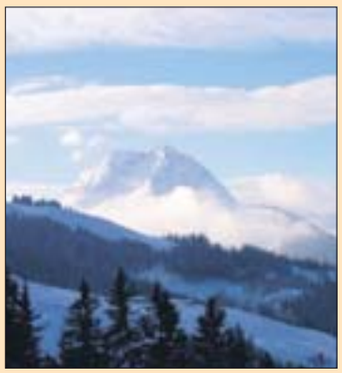
Apparently it's one of the biggest mistakes beginners make. Thankfully, I don't have a problem with this. But maintaining any degree of control is still impossible and I end up falling over anyway.

I ski-hobble my way tentatively down the slope, baffled at how everyone else makes it look so easy. When four-year-olds start whizzing past fearlessly I am slightly embarrassed.

After a couple of hours, I manage to make it to the bottom of the run in one go, albeit very slowly. By the end of the afternoon I'm exhausted. Skiing is difficult.

Our base is Hotel Rosslwirt, a traditional family-run business. Its rooms are basic but comfortable, the staff lovely and food delicious.

In the evening we sample a local restaurant and the delights of après ski. After being very well fed, we hit the bars – where fellow skiers, swelling with the satisfaction of a day on the slopes, knock back drinks to the sounds of cheesy Euro pop and lively conversation. I could get used to this.



FACT FILE: AUSTRIA

Time difference	+1 hour (GMT)
Capital	Vienna
Climate	Cool, temperate
Population	8.2million approx
Currency	Euro
Religion	Roman Catholic
Language	German

Travel facts

- Abigail Jackson was a guest of Directski.com, which offers seven nights' B&B in the Pension Franglhof in Kirchberg from £359 (two sharing) including flights from Gatwick, Manchester or Belfast, with transfers.
- Directski.com reservations: 0800 358 0448 and www.directski.com.
- Tyrol tourist information: www.tyrol.com

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WOMEN seeking men

TAKE ME FOR WHO I AM
Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871 T

SINGLE DAD WANTED
Single mum, 23, nice and curvy, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTM an honest and trustworthy male, 28-38. Box 446099 T

BLONDE BABE LIKES FOOTIE!
Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Enjoys going out and staying in, looking for a like-minded man, to be her soulmate. Box 446494 T

GETTING TO KNOW YOU...
Sociable girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 448756 T

CHATHAM UP!
Pretty black female, 32, tall, loves watching football, shopping, travel, seeking tall, white, loving male, 34-47, for LTR. Chatham. Box 437778 T

FUN-LOVING FEMALE
Attractive, 31, 5'4", size 12, dark hair with blonde highlights, tactile, WLTM intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734 T P

A NEW FUTURE!
I'm Rachel, 35, medium, enjoys pubs, clubs, cosy nights in, cinema, theme parks, looking someone special to share things with. Box 448591 T

SOUND GOOD?
Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595 T

ON A ROLL!
Hi, I'm Alison, 36, 5ft5, single mum, loves swimming, roller skating and meeting new people, looking for a male for friendship, maybe leading to more. Box 448865 T

CLOSE ENCOUNTER
Loving, caring, tactile female, 36, 5'8", blonde hair, blue eyes, N/S, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619 T P

ANIMAL LOVER?
Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, looking for a kind, caring, loyal male Box 431557 T

CUTE AS CAN BE
Cute, single mum of 4, 38yrs old, Kent-based, into most things, looking for friendship or possibly romance. Box 897983 T P

BLONDE AMBITION
Bubbly, cuddly, blonde single mum, 38, 5'6", likes cars, reading, pubs, cosy nights in, having a laugh, looking for that right male for LTR. Box 905614 T P

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YOUNG-AT-HEART
Attractive 38yr old female, dark brown hair, blue eyes, curvy physique, likes days out, music, concerts, cinema, walking, cycling, seeks loving, fun male, for friendship/relationship. Box 901893 T P

FULL STEAM AHEAD
Seeking genuine, sincere, honest guy who likes to have fun. I'm a friendly, 40yr old female, like cats, wind surfing, railway trips, cafes. Box 449747

A NICE BOTTLE OF WINE
Lovely, glossy brunette, 39yr old, petite, bubbly and loving, enjoys theatre, music and eating out, WLTM a professional, loving and tactile male for a relationship. Box 442551 T P

NO TIES
Lonely, bored, professional Tunbridge Wells Asian lady, 40, WLTM slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573 T

THE HOME LIFE
Happy, caring female, homely, tactile and honest. I'm black African, 41, 5ft2, medium build and would like LTR with the right person. Box 446024 T

LIFE IS GIVING LOVE A GUARANTEE
Down-to-earth lady, 42, sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712 T

SATURDAY NIGHT AT THE MOVIES!!
Single mum, 43, kind, devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586 T

AIMING HIGH
6ft blonde aerobics instructor, female, 43, seeking decent, tall, fit male for companionship, hopefully leading to a relationship in my spare time (mainly afternoons). Box 446017 T

GOOD TIME GIRL
Outgoing young lady, 43, blonde hair blue eyes, 5ft4, works hard, loves socialising, partying, meeting new people...looking for similar male to enjoy happy times with. Box 449157

GENUINE REPLIES ONLY
Bubbly female, 44, brunette, N/S, medium/large build, enjoys singing and theatre. Would love to meet a decent fun-loving guy, similar age, pref non-smoker for LTR. Box 445955 T

BE WITH ME
Honest and caring female, 44yrs old, enjoys pubs, cinema, theatre and much more, seeks a kind, caring gentleman for friendship & romance. Box 882419 T P

COULD IT BE YOU?
Hi I'm 44, slim, 5ft8, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800 P

COME ON DOWN!
Honest, bubbly female 45, long hair, slim, enjoys walking, cinema, socialising; seeks honest, friendly chap for friendship leading to more. Box 882693 T

LIFE AND LAUGHTER
Young minded, sexy, slim lady. I'm fit and healthy, 45yrs old and I'm looking for a man for fun and laughter. Box 449762 T

HI EVERYONE, I'M
Debbie, 46, slim, 5ft5, blonde hair, blue eyes, looking for a man, 44-49, 5ft7+, with a nice appearance, preferably a N/S. Box 449422 T

ARE YOU THE ONE FOR ME?
Caring, cute female, 46, petite, likes socialising, dancing, travelling, good food, seeking intelligent, loyal man 42-52 for love and TLC. Seaford. Box 444366 T

FANCY A FILM?
Hi, I'm Pam, 47, 5ft11, brown hair, hazel eyes, slimmish, divorced, looking for a LTR with a nice and genuine man. No time-wasters please! Heathfield. Box 448626 T

BE MY FRIEND AND LOVER
Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy Box 425952 T

JUST IMAGINE
Petite, brunette, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things, WLTM genuine male, to see where life takes us! Box 893562 T

WHERE R U?
Cheerful, honest, popular blonde, 50yrs old, 5ft2, slim, looking to find an honest, loyal man. Ian please call again/leave contact details. Box 887347

HERE AND NOW
Outgoing lady, 50, enjoys walks along the beach, nights out and in with a quiet bottle of wine, seeks man to love forever. Box 449524 T

FOR KEEPS
Hi I'm Karen, 50, medium build, 5ft, separated, devoted mum, looking for friendship with someone who likes dining out, evening walks and perhaps something lasting... Box 882618 T

CARING & PROFESSIONAL
Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 48-55. Box 417100 T

YOU DON'T KNOW UNTIL YOU CALL...
Young looking, hard working 53yr old I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410 T

DO YOU HAVE THE BRAINS & THE LOOKS?!
Professional, attractive female, 54, enjoys the countryside, gardening, keeping fit, reading and live music, looking to meet an attractive and intelligent man for a relationship. Box 448863 T P

I'VE GOT THE GOLDEN TICKET
Christian female, 57, looking to meet a nice man with GSOH to go to cinema, have fun with. Box 449225 T

HOLDING OUT FOR A HERO
Londoner new to the area, 57, 5ft5, slim attractive blonde, seeking a man for serious relationship and lasting happiness. Box 449587 T

WALKS ALONG THE COAST
Honest & sincere female, 58, tall, GSOH, loves country pubs, coasts, cinema, seeking a man who's a match for me with GSOH for relationship. Box 441622 T

HAPPY AS ME
Fun-to-be with, happy, contented lady (60), 5ft4, I enjoy theatre, dining out and having friends round for a meal, gardening, pets. Box 882812 T P

ONLY LOVE
Classy, intelligent, happy, slim, attractive, fit and active lady, 60, GSOH, enjoys travel, gardening etc. Looking for that special friend to share life with. Box 883791 T P

SOULMATE FOREVER
Hello, I'm 62, young and bubbly, 5ft2, shoulder-length dark hair, active, genuine, tactile,, caring, loving, seeking similar happy-go-lucky male for love and romance. Tunbridge Wells. Box 449722 T

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FUN AND ENTERTAINMENT
Attractive lady, 63, large brown eyes, loves swimming and cycling, cinema, eating out...seeks company with a great SOH, young-minded, to enjoy anything that happens. Box 449875

A ROSE BY ANY OTHER NAME...
Widow, early 60s, 5ft4, dark hair/eyes, medium build, N/S, loving, caring, no ties, enjoys travelling, socialising, eating in/out. Rye. Box 441177 T P

FRESH AIR
Smart, attractive, bubbly blonde, 71, medium build, N/S, own house, GSOH, lives on coast, enjoys most things, WLTM smart gentleman for friendship, maybe more. Box 438147 T

Women seeking women

IT'S WHAT'S INSIDE THAT COUNTS
I'm a 26yr old female, looking for new friends and maybe that special girl...let's have a meal and a drink and see what happens! Box 448722 T

FRIENDSHIP, HOPEFULLY MORE
Feminine woman, easygoing, caring, 45, long brown hair, blue eyes. I love music, eating out, reading/writing, drives, weekends away. WLTM boyish female. Box 448248 T

HAPPILY EVER AFTER
Slim attractive girl, 53, short dark hair, divorced, devoted mum, enjoys gardening and flower arranging, the sea, motorbikes; WLTM female who enjoys life. Box 449894 T

ATTRACTIVE, BUBBLY LADY
52yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship Box 414143 T



MEN seeking women

LOVERS PARADISE
Very independent guy, 27, 5ft7, medium built, own business, looking for someone to spend quality time with, friendship first, then maybe more. Box 448845 T

THE PERFECT RELATIONSHIP?
Dad with great SOH, 29, 6ft, dark hair blue eyes, slim, loves music, cars, bikes and socialising, looking for girl for fun and more. Box 449334 T

YOU COULD BE MY EVERYTHING
Professional bloke, 34, 6ft, likes socialising, cinema, live gigs etc, looking for a considerate female to share the good and the bad with. Box 449436 T

UP FOR IT?
Maidstone male, 33, 6ft, muscular, GSOH, fair hair/blue eyes, likes Thai boxing, pubs, having fun, cosy nights in, house/hip hop music, WLTM loving, attractive, slim female. Box 162939 T P

I'M YOURS
Hello, I'm male, 34, 5ft8, blue eyes. I'm a single dad and enjoy swimming, social drinks, having a laugh. Box 449751 T

MADE TO MEET?
Honest upbeat gent, 33, mousey brown hair, 5ft9, into sports, running, football and socialising, looking for a good-hearted, decent girl who likes a laugh. Box 449818 T

DOWN BY THE BEACH
Hi I'm Kevin, 37, 6ft1, medium build, loves cinema, music, walks and the se, seeking similar girl to find love with. Box 449844 T P

EVERYTHING I DO
Lee, driver, 36yr old, 6ft3, dark hair, like pubs, clubs, wine bars, places of interest, sports and reading, WLTM a woman for friendship and romance. Box 889720 T P

TRUSTWORTHY
Margate man, 37, 6ft3, dark hair, nice big build. I work in residential care which I love. I'm down-to-earth, kind, tactile, with a GSOH. Box 423437 T P

LONESOME LAD LOOKING FOR LOVE
Blond 39yr old lad, blue eyes, educated, attractive, solvent (just!), genuine, loyal, adventurous and definitely different. Seeks beautiful future with someone like you. Box 885814 T P

DO I ATTRACT YOU?
40yr old single dad of 2, dark hair, loves outdoor/country life, keeping active, N/S with GSOH, WLTM warm hearted woman. Box 882048 T P

WARM HEARTS OF LOVE
Loving male, 40, 5ft10, slim, black hair, looking for long term romantic relationship with loyal, kind, considerate, romantic girl like me. Box 449672 T

ANYTHING IS POSSIBLE
Art-loving 40yr old, 5ft9, brown hair/eyes, into motorbikes and weight-lifting, looking for a trustworthy female for friendship to start off with, then who knows? Box 448928 T

THE WIND BENEATH YOUR WINGS
Guy of 40, outgoing, fun, tall, told I'm handsome, easygoing, looking to meet a nice, attractive lady to sweep off her feet. Box 883376 T

LOVE ON THE DANCEFLOOR
Outgoing, young-minded male, 47, smoker, likes war games, books, cinema, castles, places of interest, seeking similar woman to boogie on the dancefloor with. Box 443750 T

SEARCHING FOR LOVE
Genuine single fella, 41, worked hard all my life now need to find love, seeking loving lady to have loads of fun and more with. Box 884098 T

ROB THE BUILDER
Medium build lad, 43, olive skin, looking for a genuine lady to spend the good and the bad times with. Box 447658 T

TO LOVE SOMEBODY
Loving, tactile, genuine, considerate male, 42, life of the party, loves swimming, music, cinema, reading, WLTM the girl to spend great times with... Box 449450 T

LEAN ON ME
Very romantic, caring & loyal male, 44, slim, blue eyes, fair hair, GSOH, seeks lady with similar interests for hopeful long term relationship. Hastings. Box 446120 T P

ALONG THE SHORE
Considerate, reliable guy, 44, slim, 5ft11. I like days out, the coast, nights in, pubs. WLTM kind female, 30-52, for friendship, leading to LTR. Box 448919 T P

BABY YOU CAN DRIVE MY CAR
Up-beat 45yr old lorry driver, tall and slim, likes most things in life, looking for a LTR with someone slim, honest, reliable and faithful. Box 881775 T

DOWN TO MARGATE!
Young-looking, slim male, 43yr old, 5ft10, enjoys beach walks and cinema, WLTM a mature lady for a committed long term relationship. Margate Box 441706 T

FANCY A FILM?
Shy but outgoing male, 45, 5ft8, short dark brown hair, hazel eyes, stocky, really looking for genuine, trustworthy, loyal woman for love. Box 449097 T

CAN'T SMILE WITHOUT YOU
Carpenter with own house, 47, looking for a LTR, single mothers are welcome! Loves family life, cooking and beach walks. Box 449274 T

SOMEONE TO SHARE WITH
Fancy a walk along the beach at sunset? A cosy night on the sofa? I'm male, 46, average build. I'm romantic and like animals and holidays. Box 447858 T P

INTERESTED?
Hard working male, 46, smart, single, loyal, kind and caring, likes nights in and out, looking for romance or friendship first... Box 449756

IS IT ME YOU'RE LOOKING FOR?
Kind, genuine, down-to-earth male, 47, seeking companionship and LTR. 5ft10, cropped hair, blue eyes, stocky with cuddly belly! Box 449583 T P

MADE TO FIT?
Honest lonely guy, 48, 6ft, stocky built, mousey brown hair, seeking LTR with a kind, down-to-earth female to find that connection with. Box 449719 T

HOLD HANDS
Hi I'm Bill, 48, 5ft7, well built, short brown hair, brown eyes, loyal, loving, caring, looking for a similar lady to cuddle... Box 447902

ALL THIS AND MORE
Caring, loving, sensitive, sincere, attractive, tall, loyal black man, London born, 40s, seeks captivating white Princess to worship & adore truly. Box 448434 T P

GOOD EVENING
Intelligent male, 48, 6ft, clean, well groomed/dressed black man, homeowner, likes swimming, conversation, keeping fit, cooking, WLTM attractive white lady to enjoy life with. Box 448436 T P

NICE TO MEET YOU...
Good looking divorcee, 48, 6ft, likes keeping in shape, loves music and gigs; seeking slim lady, relaxed, laidback, for hopeful good relationship. Box 448816

HOPEFULLY SOMETHING SPECIAL
Friendly guy, 49, 6ft, average build, dark hair, brown eyes, loves cars and shows, drinks in pubs, walks, beaches, countryside; seeking lady to relax with. Box 449834 T

I COULD BE YOUR GUY...
Hard working Eastbourner, 49, looking for a lady who wants to enjoy fun dates, chats and see what happens... Box 449843 T

WHO KNOWS?
Single black Londoner, 48, tall, very attractive, smart guy, loves travelling, women, eating out, seeking loving lady for a passionate, lasting relationship. Box 448415 T P

LET'S GET TOGETHER
Normal bloke, 50, non worker, with normal interests, seeking a like-minded slim lady, 45-50, for LTR. Box 448957 T

VERY LOVING GUY
Shy laid-back male, 56, 6ft2, quiet, likes walking my dog, gardening, films and more, seeking female to meet and get to know. Box 449877 T

ONLY YOU
Michael 53, 5'9", widower, brown hair/blue eyes, likes walks, eating out, cosy nights in, seeks female for friendship possible relationship. Box 407010 T

COME ON OVER TO MY PLACE
58yr old widower, 5ft5, likes holiday, travel, sports and comfortable living, seeks similar lady to find hopeful romance with. Box 449847 T P

I WILL GET TO YOU
Hi there I'm Brian! 58, down-to-earth, no ties, looking for someone kind, friendly, looks unimportant but personality a must. Box 449709 T

NOW AND FOREVER
Loyal, honest guy, 59, easygoing, tactile, affectionate, enjoys candlelit dinners, romantic walks by sea and music, seeks attractive lady for lasting relationship. Ashford. Box 449553 T

LASTING HAPPINESS
Fit, active and single male, 62, many interests, looking for a like-minded female 55-60 to enjoy companionship and more. Box 449819 T

GO FOR IT!
Affectionate single dad, 62, 5ft6, blonde, green eyes, attractive, likes playing bridge, cinema, holidays, restaurants, seeks genuine bubbly female for laughter... Box 430590 T P

Men seeking men

TALL ORDER
40yr old chap, 5ft8, dark, slim/muscular build, good looking. Looking for a tall guy for fun. Box 439132 T

JOINED IN LOVE?
Good-natured, down-to-earth guy, 46, green eyes, dark hair, slim, enjoys holidays, music, pubs, eating in/out, WLTM male, 35-50, for companionship. Box 441106 T

MANLY MAN
Trustworthy, honest guy, 49, stocky, into most things, very romantic, looking for similar male to spend times with, get close to! Box 883313 T P

HOW DOES THIS GRAB YOU?
Tony, 58, easygoing, friendly, medium build, in good shape, enjoy quiet nights in, DVDs, videos, photography, WLTM easygoing like-minded male for fun, friendship and more. Box 440544 T

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NO TIMEWASTERS!
Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTM loving, caring white male 35-47 for long term loving relationship. Box 444214 T

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Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585 T P

HORSES FOR COURSES...
Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 384013 T

LOOKING FOR A LOVING CHAP
Ashford-based woman looking for an honest, friendly, caring and loving man. I have two kids and enjoy the usual things in life. Box 446985 T

ON THE LOOKOUT FOR LOVE
37yr old female, 2 kids, slim, brown hair and eyes, 5ft2, looking for a caring, loving, honest and trusting male to be my someone special. Box 446552 T

MESSAGE IN A BOTTLE
Good looking woman, 37, 5ft2, brown hair/eyes, two kids. Looking for new friends and hopefully someone special. Box 446039 T

LOVE TO LOVE YOU
Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 438102 T

HISTORIC MEETING?
Mum of three, 36, long mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693 T

DON'T LET ME DOWN
Pretty, black female, 38, 5ft4, like football, socialising and cooking, looking for a loving and caring male, 38-42, for a LTR. Box 446684 T

MEND A BROKEN HEART
Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopeful happiness - no time wasters! Box 908053 T P

SEIZE THE DAY
Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, seeks genuine male for friendship and more. Box 428666 T



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When Casey Beldon (Odette Yustman) suffers a series of disturbing visions, she discovers she was in fact a twin. It transpires her unborn brother died in utero, and an evil spirit is now haunting her.

A timely movie role for our international export

■ BY **KATE WHITING**

MAYBE it's the cup of tea in front of him, the way he thoughtfully strokes his chin as he speaks, or the genuine vigour in his voice, but Clive Owen seems surprisingly normal.

The ruggedly good-looking actor has come a long way from his 'rough' Coventry childhood, but despite winning over Hollywood, he remains fiercely loyal to the UK and is firmly rooted in London.

"I love living here," he says, leaning forward in his smart black suit.

"I came to London 20 years ago and fell in love with it. My kids are very happy here, they're very settled at school, all my friends are here, there's absolutely no reason for me to go anywhere."

Owen's family-centred home life is a world away from the red carpet glamour of Hollywood and you sense that's just how he likes it.

And when work, like his latest film The International, takes him away from home, he makes sure wife Sarah-Jane Fenton and their daughters, Hannah, 12, and Eve, nine, come too.

"They come to nearly every film I do, they come on location, they meet everybody and they have a great time," the 44-year-old says.

The International, as its title suggests, took the actor all over the world – from Berlin, to Istanbul, Milan and New York as his character, Interpol agent Louis Salinger, tries to bring down the world's most corrupt bank.

With the global economy in freefall and bankers swiftly being cast as the new villains, it's an eerily prescient film.

"It's amazing to think that Eric [Singer – the screenwriter] started writing it six years ago," he says. "When I read the script, I felt like it was a subject that was worth discussing and talking about now, but no one could have predicted how timely it's become."



HOLLYWOOD HEARTTHROB: Clive Owen

His performance opposite King Kong star Naomi Watts in The International is followed next month by spy caper Duplicity, where Owen teams up with Closer co-star and Oscar-winning actress Julia Roberts.

"That script had some of the best dialogue I've read in years," he says, green eyes sparkling.

"It's about a couple of corporate spies who are having an affair and decide to scam the companies they're working for but don't trust each other at the same time, so it's just right for great dialogue scenes with lots of wicked humour."

Owen's ascent to Hollywood hero has been a steady one – after winning a place at RADA in the mid-80s he started out on the stage at the Young Vic, playing Romeo to his future wife Sarah's Juliet.

He took on several TV roles, most notably as a loveable rogue in ITV series Chancer, before his breakout film role in 1998's Croupier. Then came Closer, which won him an Oscar nomination and cemented his place alongside Daniel Craig as one of Britain's most bankable leading men.

Once the publicity tours for The International and Duplicity are over, Owen has no idea what he'll be doing next, but he's not worried.

"It's actually quite nice. I'm currently in a place where I literally have no idea what I'm going to do next and it's quite exciting."

THE INTERNATIONAL
Certificate 15

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PROPERTY NEWS



BURIED HER HEAD? Margaret Beckett

The system isn't HIP, it's time to cancel it

ESTATE agents have called on the Government to suspend the compulsory Home Information Pack system – saying it is "simply not working".

The call has been made by the National Association of Estate Agents' chief executive Peter Bolton King, following the publication of the communities and local government committee's annual report.

Mr Bolton King said: "Once again a fair and rational examination of Home Information Packs has concluded that the system as it stands is simply not working.

"Firstly the cost is punishing sellers in the pocket at a time when they really need all the help that they can.

"More galling, they are spending this money in the knowledge that 77 per cent of buyers admit that they paid no attention to the pack whatsoever.

"Housing minister Margaret Beckett herself admitted that HIPs are not working – but now she seems to have buried her head in the sand along with the rest of her department.

"HIPs are confusing to customers and act as a dampener on a housing market which is essential to Britain's economic recovery.

"With all indicators pointing to a troubled year ahead the NAEA calls on Mrs Beckett to suspend HIPs while the housing market is suffering and re-examine their viability once the market has begun to pick up."

Since December 2007 every home put on the market, no matter what size, must have a Home Information Pack.

The pack brings together information at the start of the home-selling process – such as a sale statement, local searches and evidence of title – and was intended to save both the property buyer and seller money, time and stress.



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Signs point to injection of cash to aid market

BY **NICK AMES**

THE latest figures from the Bank of England reveal that mortgage approvals fell further in January – despite moves to assist lending.

Financial experts are calling for a further injection of cash in order to boost the property market and assist in an economic recovery.

They say the measures introduced so far have proved inadequate to kick-start a major recovery.

And in the latest move the Bank of England slashed interest rates to a new low of 0.5 per cent.

Chancellor Alistair Darling justified the move by saying: "The key thing for each and every one of us is to ensure we get the economy moving to help people and to help businesses grow."

The move came as figures were released revealing a total of 98,000 mortgages were approved in the first month of 2009, compared to 253,000 mortgage approvals in the same period 12 months ago.

Some 31,000 home purchase mortgages were approved, down 34 per cent on the figures for a year ago and remortgage approvals fell 71 per cent to 34,000.

Total mortgage lending stood at £9.1 billion – an annual fall of 64 per cent.

Jason Bolton, mortgage expert at financial website Rubii.co.uk, said: "In December we saw a mini spike and people were immediately talking about a recovery – I think these latest figures show that talk of a recovery was a little premature.



HEADING FOR BETTER TIMES? Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and likely to remain so for the rest of this year

"Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and are likely to remain so for the rest of 2009."

He explained interest rate cuts had yet to have a full effect and the only buyers taking advantage of house price falls are those with cash already behind them.

"The lack of affordable mortgage deals will continue to frustrate buyers hoping to benefit from a property market that has dropped significantly in the last 12 months," he said.

Simon Rubinsohn, chief economist at the Royal Institution of Chartered Surveyors, said the figures show more cash must be put into the market.

He said "Despite three consecutive monthly increases in the RICS 'buyer enquiries' series, the actual level of new mortgage approvals continues to languish.

"Announcements by both Northern Rock and RBS indicate that a little more funding will flow into the mortgage market over the coming months but as things stand, this will only boost the available finance in the region of ten per cent compared with 2008."

Is Darling set to change the stamp duty plans?

CHANCELLOR of the Exchequer Alistair Darling's budget next month looks set to provide a stamp duty cut for some bulk property investors.

Experts say he is predicted to change how stamp duty is calculated so investors buying a large number of properties will only pay stamp duty on each property and not on the total investment.

Currently an investor buying ten flats worth £150,000 each would pay stamp duty of four per cent on the total bill of £1.5 million. But under the new ruling each home would be taken individually and as the stamp duty only comes into force on properties worth £175,000 no duty would be paid.

So an investor buying a large number of properties under this value would not be taxed.

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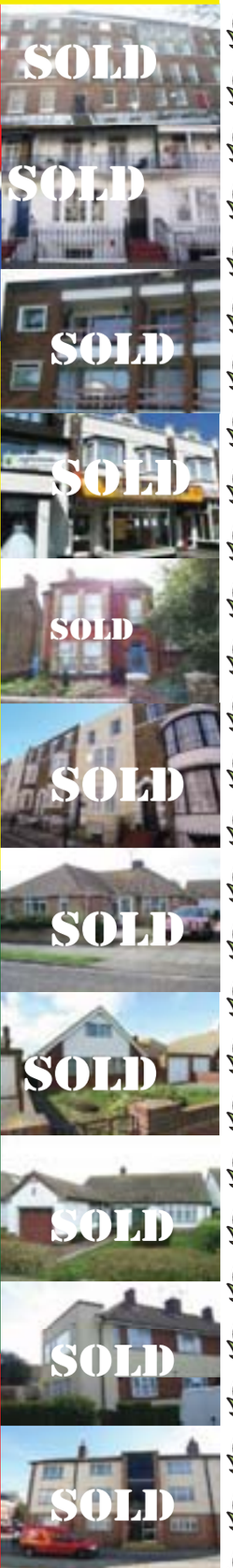
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• In Broadstairs • Awaiting tenants

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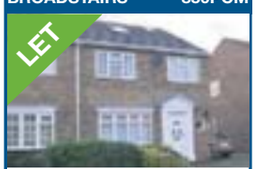
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• Sought After Position

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• Modern Kitchen • Allocated Parking

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Throughout • Parking Space

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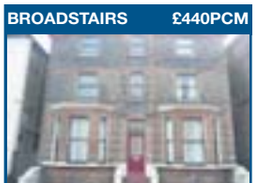
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• Communal Areas

RAMSGATE £400PCM



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• Large Lounge

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• Fitted Kitchen. • Available Now

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• Parking • Central Location

BROADSTAIRS £400PCM



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• Large Open Plan Lounge

RAMSGATE £675PCM



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• Three Bedroom • Two Receptions
• Large Gardens

RAMSGATE £450PCM



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• 2 Double Bedrooms • Fitted
Kitchen • Modern Bathroom

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Broadstairs £650,000

NEVER JUDGE A BOOK BY ITS COVER.....

This detached cottage is located in the heart of Kingsgate and has been lovingly extended by the current owners. This residence comprises four double bedrooms, large family bathroom & ensuite, 30' lounge with vaulted ceiling, separate dining room, large family kitchen / diner, utility room, 170' rear gardens and driveway providing off road parking for approximately 8+ cars.



Broadstairs Reduced To £189,000

YOUR DREAM COTTAGE

This charming and two bedroom mid terraced cottage is located in the much sought after village of St Peters. In our opinion this charming home has been maintained to a very high standard by its current owners and benefits include two double bedrooms, lounge, dining room, sun room / conservatory, fitted kitchen, bathroom and beautifully structured gardens.



Broadstairs £495,000

THE KITCHEN IS THE HEART OF EVERY HOME....

This immaculately presented and spacious detached residence is situated in the much sought after location of Foreland Heights. This beautiful home offers really light and contemporary living comprising five double bedrooms, family bathroom, two ensuite shower rooms, lounge, dining room, large family kitchen, utility room, study, highly manicured gardens to three sides, double garage and block paved driveway providing off road parking.



Ramsgate £350,000

YOU WILL BE IMPRESSED BY THE VIEW

Enjoy The Breathtaking Views.... This luxury three bedroom apartment is poised in a highly regarded position, right opposite the Royal Harbour and sea. In our opinion, this property has prestigious architectural exteriors and equally beautiful interior design with high period coved ceilings and fireplaces being just some of the desireable aspects of this spacious apartment.



Broadstairs £440,000

THIS IS THE FAMILY HOME YOU'VE BEEN LOOKING FOR

This family home is situated in the heart of Broadstairs within easy reach of the town centre, train station and sandy beach at Viking Bay. The property comprises, six double bedrooms, lounge, dining room, breakfast room, reception hall, kitchen, family bathroom, shower room, office, 80' rear gardens, garage and off road parking.



Broadstairs £700,000

LOVE CHARACTER & CHARM? YOU'LL LOVE THIS

Built in 1802, this Grade II listed detached barn has all the appeal that you would expect from a stunning conversion. Surrounded by beautiful gardens, this definately needs to be seen to be appreciated. This property comprises five bedrooms, two ensuites, separate guest suite, further bathroom, two lounges, dining room, kitchen and utility room



Broadstairs £239,000

LOOK NO FURTHER, THIS IS THE BUNGALOW FOR YOU

This suprisingly spacious detached bungalow is located in the heart of Kingsgate and comprises three double bedrooms, kitchen, lounge, bathroom, cloakroom, rear garden and a garage. This property would be an ideal permenant or holiday residence and is situated within easy reach of local bus routes, amentities and the sandy beach at Joss Bay.



Broadstairs £200,000

YOU WILL LOVE THIS LARGE GARDEN

A well presented semi detached bungalow is situated in a much sought after area of Kingsgate. This property is in good decorative order throughout and benefits include two double bedrooms, lounge, kitchen, bathroom, conservatory, detached garage, ample off road parking and 130' rear garden. Offered to the market with NO FORWARD CHAIN, viewing is highly recommended.



Westbrook £189,995

JUST VIEW THIS

This beautifully maintained, contemporary style terraced house is within a pleasing distance of the beaches and offers a contemporary feel throughout - With a good family sized space, this houses comprises three bedrooms, fitted kitchen / diner leading onto split level rear garden, separate lounge and a family bathroom with bath and shower. Viewing is recommended to appreciate.



Broadstairs £450,000

BE THE ENVY OF YOUR FRIENDS & FAMILY

A superbly presented six bedroom, 3 reception detached house situated over three floors and offering really good sized accommodation along with a lovely setting. Foreland Heights is a much sought after residential area just outside of the town within a pleasing distance to the shops and beaches plus the clifftop walks. Built approximately 3 years ago, this lovely home still has the benefit of the remaining NHBC and offers modern, contemporary living near the seaside.



Broadstairs Reduced To £575,000

FAMILY SIZED, RIGHT BY THE SEA, WHAT MORE COULD YOU WANT?

Its not often that you find a large family home with all the extras which is located close to the seafront, so this one is a little unique. The original part of this detached residence dates back to approximately the 1860's and was converted around the 1950's - As it is today, this beautiful property has been extended to incorporate four bedrooms, two bathrooms, three reception rooms and two garages.



Westbrook £550,000 OIEO

SURE TO TICK EVERY BOX

Detached house is situated in one of the most popular and sought after Avenues in Westbrook, Comprising five bedrooms, family bathroom, lounge, dining room, conservatory, breakfast room, kitchen, utility room, seperate wc and pretty 90' rear garden with a 36' heated swimming pool.

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MOTORS NEWS



Zoom-Zoom all-new star is out in the open

MAZDA has unveiled its exciting MPS performance star from the all-new Mazda3 line-up.

A limited slip differential has been retained from the original, which should allow the impressive 2.3-litre turbocharged engine to apply maximum power without the front driving wheels relaying 'torque steer' to the driver's hands.

The new lighter and sleeker Mazda3 line-up also has a new fuel and emissions saving stop-start 'i-stop' system and is expected around May time.



Bargain open-top buys as recession hits hard

IF you always fancied an upmarket crop-top and have money saved, now is the time to buy, says Glass's Guide.

The trade 'bible' reveals that year-old/12,000-mile prestige convertibles are worth up to a quarter less than in March 2008, though bargain hunters must move fast ahead of an expected summer rush.

Best value is the folding hardtop Mercedes-Benz SLK 280 (pictured) and Guide spokesman Richard Crosthwaite added prestige roadster/cabriolet values used to outperform most sectors, but have been hit by decline in consumer spending.



Hyundai i-20 heating up the hatch price war

FRESH from launching the five-door i20 supermini replacement for the Getz, Hyundai has a three-door version due here in April.

Already undercutting rivals in a sector that has grown quickly as buyers race to downsize, this new i20 version will add to pressure with the usual Hyundai five-year warranty and a start price of £8,195 – £450 less than the five-door. Most buyers are expected to choose the lightweight 76bhp 1.2-litre petrol engine for its low fuel consumption and CO2 emissions.



RAISING THE BAR: Not only has the Yaris received a new look, Toyota has also implemented its new Optimal Drive technology which boosts the engine's efficiency and emissions

New-look Yaris makeover has given it optimal appeal

TOYOTA set the bar high with the original 1999-vintage Yaris supermini.

It needed to, after earlier supermini candidates that were pretty underwhelming – remember the optimistically-named Starlet?

However, after a quantum leap with the first Yaris, the next step always risked looking conservative.

And so it seemed when the 'Mark II' launched in 2006; unique selling points were repeated – trouble-free and cheap motoring plus loads of space – but little else seemed new or exciting.

But the Mark II Yaris grows on you and looks all the better for a 2009 makeover (now from £8,585), not simply due to a fresher front and rear end either.

The big news is under the bonnet; Toyota is implementing new Optimal Drive technology widely, but progress in the supermini sector is most crucial as the recession continues.

Optimal Drive boosts combustion efficiency, while reducing friction plus engine and transmission weight to deliver better power, economy and emissions – all Yaris models now qualify for the lowest payable road tax (£35/year).

ROAD TEST
TOYOTA YARIS

BY **STEVE LOADER**

STAR QUALITY

Driving appeal	★★★★☆
Image	★★★☆☆
Space	★★★★★
Value	★★★★☆
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★☆

Impressively, the engine line-up also now includes a lively yet frugal new 1.33-litre petrol engine with 'Stop & Start' to cut the engine and restart it automatically at traffic lights or in stop start traffic.

Toyota claims a class-leading 55mpg average and it is typical of new generation petrol engines that are carrying the fight to diesels, which deliver less value for money in small cars due to extra weight and higher upfront cost.

The 1.33, as tested here in attractively packaged and priced SR (£10,915) form, feels fast and nimble for this class and very much a car for these times.

The rear seat can be adjusted fore and aft – a feature that made the original such a hit – to boost legroom or boot space according to immediate need, and there is plenty of room and storage flexibility in front.

The cabin can be noisy when the engine is under duress and I still don't like the Yaris's trademark centrally-mounted speedo and gauges – I think the former should be as close to straight ahead as possible – but the slick six-speed shift is mounted nice and high and Stop & Start is one of the smoothest and most inobtrusive of such systems tried so far.



SEE MOTORSTV FOR MORE ROAD TESTS BY STEVE LOADER @ yourkenttv.co.uk



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08 58	**TACUMA 1.6 SX MPV** Grey Met, A/C, E/Windows	£7995
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04 53	**GOLF 1.6 FE** Black, Air Con, Alloys	£5995
04 54	**GOLF 1.6 SE** Black, Air Con, Alloys, Cruise	£6995
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05 05	**RENAULT SCENIC 1.6 DYNAMIQUE** Metallic Blue, Air Con, Alloys	£4995
06 05	**PEUGEOT PARTNER 1.4 TOTEM** Silver Met, PAS, E/Windows	£5495
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06 06	**PEUGEOT 307 1.6 S** Grey, A/C, E/Windows, C/locking, Alloys	£5995
05 55	**HYUNDAI COUPE 1.6 S2** Red, Half Leather, A/C, PAS, E/Windows, Alloys, C/Locking	£5995
07 07	**VAUXHALL CORSA 1.2 LIFE A/C 3DR** Silver, Electric Windows, Central Locking	£5995
05 55	**RENAULT MEGANE 1.6 CABRIO DYNAMIQUE** Gold, Air Con, Panoramic Roof, Alloys, Electric Roof	£7495
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Chevrolet range fuel consumption in mpg (L/100 km), urban 40.9 (6.9) to 26.4 (10.7), extra urban 67.3 (4.2) to 38.7 (7.3), combined 54.3 (5.2) to 32.8 (8.6) the official co2 emission is 119 to 225 g/km.

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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

AFFORDABLE COUPÉS

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SUPERCARS are all well and good, but you can have fun and cut a dash for a lot less cash with an affordable sports coupé from less glamorous carmakers, especially when these hit the used market. Two of our choices here represent superb value and while the original Audi TT was a premium purchase new, the numbers available second-hand make them an accessible and, in most cases, easily maintained sporting option. This trio also make an eye-catching change from specc'd-up three-door hatchbacks masquerading under the 'coupé' label.

AUDI TT



SEEMINGLY out of nowhere, Audi created the retro-styled TT Coupé – an instant classic evoking the lines and spirit of the great pre-war Auto Union racers. The chic retro theme continues inside the car, which is beautifully made. The original TT's only weakness was a chassis that failed to reach the high standards of contemporaries like the Porsche Boxster, but the blend of fun, style and image is hard to beat at really quite affordable prices now for most versions.

STAR QUALITY

Driving appeal	★★★★☆
Looks and image	★★★★★
Space	★★☆☆☆
Value	★★★★☆
Running costs	★★★☆☆
Reliability	★★★★☆
Quality	★★★★☆

TOYOTA CELICA



DESPITE a drippy name, the last (seventh generation) Celica – at least for now – is a class act that justifies some extra investment. It was a sophisticated drive, yet still very practical with good seating for four plus a useful rear hatchback and load area. The styling is timeless, so it doesn't matter this version was launched in 2000. Best of all, it has a range of free-revving engines, great chassis and built-in Toyota reliability – an unsung hero.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★☆
Space	★★★★☆
Value	★★★★☆
Running costs	★★★☆☆
Reliability	★★★★☆
Quality	★★★★☆

HYUNDAI COUPÉ



ONCE Hyundai sorted out the styling and quality glitches of early generations, the Korean brand's 'reliable budget four-seat coupé' proposition was bound to take off. The latest coupé is beefier and smarter and confirms what great value the car is. The chassis cannot rival the Toyota Celica, but delivers great fun with modest outlay. For 0-60mph in 8.2 seconds, there is also the 2.7 V6 version. You may also find a car with some of Hyundai's five-year warranty still intact.

STAR QUALITY

Driving appeal	★★★★☆
Looks and image	★★★★☆
Space	★★★☆☆
Value	★★★★★
Running costs	★★★★☆
Reliability	★★★★☆
Quality	★★★★☆

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07 07	FORD FUSION ESTATE,1.4 1 5dr Auto, Blue , 16,780 Miles	£7,800
07 57	FORD FUSION ESTATE,1.6 Zetec 5dr Auto Climate, Blue, 7,540 Miles	£8,500
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07 57	FORD FIESTA HATCHBACK,1.25 Style 3dr, Silver, 11,170 Miles	£6,800
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06 56	FORD KA HATCHBACK,1.3i Style 3dr Black, 21,183 Miles	£4,700
06 56	FORD KA HATCHBACK,1.3i Studio 3dr Blue, 10,779 Miles	£4,600
06 56	FORD KA HATCHBACK,1.3i Style 3dr Red, 14,675 Miles	£4,800
03 03	FORD FOCUS,1.8 Ghia 5dr Grey, 46,534 Miles	£4,400

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05	05	Fiat Punto 1.2 Dynamic 3-Door Hatchback 11,000 miles	£3,995
02	02	Skoda Octavia 1.9 TDI Elegance 5-Dr Estate 103,000 miles	£3,995
05	05	Fiat Idea 1.4 Active 5-Door Hatchback 30,000 miles	£3,995
06	06	Fiat Panda 1.1 Active 5-Door Hatchback 16,500 miles	£3,995
04	04	Renault Scenic 1.6 VVT 115 Dynamique 5-Dr Hatchback 35,261 miles	£4,495
06	56	Citroen C3 1.1 Desire 5-Door Hatchback 42,000 miles	£4,495
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08	58	Fiat 500 1.3 MultiJet POP 3-Door Hatchback 2,000 miles	£8,495
07	07	Fiat Sedici 1.9 MultiJet 8v Eleganza 5-Door Hatchback 10,000 miles	£8,750
08	08	Fiat 500 1.4 Sport 3-Door Hatchback 4,500 miles	£8,995
07	07	Fiat Bravo 1.9 Multijet 120 Dynamic Hatchback 5- 13,000 miles	£8,995
08	08	Fiat Grande Punto 1.4 GP 3-Door Hatchback 1,000 miles	£8,995
07	57	Fiat Bravo 1.9 Multijet 120 Dynamic Hatchback 5- 10,000 miles	£9,495
05	55	Kia Sportage 2.0 XE 5-Door Station Wagon 23,222 miles	£9,995
06	56	Kia Sedona 2.9 CRDi LS 5-Door MPV 17,100 miles	£9,995
06	06	Kia Sedona 2.9 CRDi GS 5-Door MPV 15,267 miles	£10,250
07	56	Kia Sportage 2.0 CRDi VGT XE 5-Door Station Wagon 9,868 miles	£10,995
08	08	Kia Sedona 2.9 CRDi LS 5-Door MPV 7,800 miles	£13,995
08	58	Kia Pro_cee'd 2.0 CRDi Sport 3-Door Hatchback 8,500 miles	£13,995

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55 Skoda Fabia 1.4 TDI PD Ambiente (70 HP) 5-Dr Estate, Finished in Corrida Red Metallic with a Black Cloth interior, 18,775 miles **£6595**
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ALFA ROMEO

159, 2.4 JTDM Lusso 4dr QTRONIC Diesel Saloon, pas, abs, remote central locking, front electric windows, front fog lights, alarm, trip computer, cruise control, side airbags, electricdoor mirrors, drivers airbag, rear headrests, audio remote control, body coloured bumpers, space saver spare wheel, isofix child seat anchor points, front head restraints, front armrest, 3x3 point rear seat belts, immobiliser, service indicator, stromboli grey metallic, 15600 miles, £14995, Thames Group Tunbridge Wells, 01892 549766 (TRADE)

AUDI

A2, 2003, abs air conditioning alloy wheels board computer cd player clock driver airbag electric front windows exterior mirror heated leather steering wheel passenger airbag radio side airbag driver and passenger steering wheel with radio control tiltable steering wheel, blue, 29277 miles, £5995, FGBarnes, Maidstone, 01622 755531 (TRADE)

A4, Avant TDi SE (51.4 mpg £120 RFL grp 12 ins), alarm, immobiliser, remote central locking, cloth upholstery, colour coded interior, steering column, cruise control, power steering, stability control, trip computer, abs, child locks, multiple airbags, colour coded body, front fog lamps, metallic paintwork, rear spoiler, rear wash/wipe, roof rails, electric mirrors, electric windows, dual climate zones, cd player, alloy wheels, silver grey metallic, 61000 miles, £7990, AR Cars, Kent, 01342 851122 (TRADE)

A6, SE 4dr 2.4 Man, gj51nzf, remote central locking, cloth upholstery, head restraints, power steering, air bag, abs, colour coded body, metallic paintwork, electric windows, air conditioning, cd player, radio, electric mirrors, 15'' alloys, green, 130000 miles, £2999, Marshams, Maidstone, 01622 200 100 (TRADE)

TT, Quattro 1.8 20V T 225PS, dec 2001, 3 previous keepers, power steering, remote central locking, climate control, electric windows, 6 speed gearbox, full service history, single cd, twin & side airbags, abs brakes, esp, engine immobiliser, car alarm, on-board computer, electric door mirrors, front fog lamps, tinted glass, grey leather interior, sports seats, heated seats, split rear seats, alloys. brilliant black metallic, 45,500 miles, £12,995, Hollis Motors, Dover, 01304 206710 (TRADE)

TT, 1.8 2DR, 2002, trim: leather engine size: 1800 transmission: manual no. of doors: 2, green, 14000 miles, £14995, Palm Bay, Margate, 01843 298554 (TRADE)

BENTLEY

ARNAGE, red label auto, 2001, blenhiem silver with black leather, 50000 miles, £44950, Martin James Cars, Kent, 01795426700 (TRADE)

CONTINENTAL, remote alarm, remote central locking, tracker fitted, full leather, heated seats, colour satnav, cruise control, multi-function steering wheel, parking sensor, power steering, traction control, abs, multiple airbags, auto lighting, colour coded body, front fog lamps, metallic paintwork, rain-sensing wipers, xenon headlamps, electric mirrors, electric windows, powered folding mirrors, air conditioning, climate control, dvd player, cd player, multi-disc cd, tv, 19'' alloys, 4x4, portland leather trim with nautic blue leather dash and door inserts vat qualifying, always over 60 mercedes-benz cars in stock! we will not be beaten on price! fully fsA regulated, moonbeam silver metallic, 29000 miles, £54995, DW Leisure Mercedes Benz Specialist, Welling, 0208 8548037 (TRADE)

BMW

3 SERIES, 320 D ES E90, 22753188, black, 0 miles, £9995, Big Motoring World, Wrotham Heath, 01732 220555 (TRADE)

3 SERIES, 325i SE, air con, climate control, full leather, abs, power steering, twin air bags, curtain airbags, side air bags, traction control, cruise control, trip computer, auto-dip rearview, rain-sensing wipers, cd player, radio, adjustable steering column, electric windows/ mirrors, remote central locking, remote alarm, height adjustable seat, front fog lamps, parking sensor, alloys, black, 38300 miles, £7695, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

5 SERIES, 520 i auto, remote alarm, remote central locking, centre armrest, head restraints, power steering, abs, multiple airbags, front fog lamps, metallic paintwork, electric mirrors, electric windows, air con, radio cassette, 16'' alloys, always over 60 mercedes-benz cars in stock! we will not be beaten on price! fully fsA regulated, light blue metallic, 85000 miles, £7995, DW Leisure Mercedes Benz Specialist, Welling, 0208 8548037 (TRADE)

6 SERIES, 645ci coupe, 2004, mystic blue with black dakota leather, 39000 miles, £24950, Martin James Cars, Kent, 01795426700 (TRADE)

7 SERIES, 735i AUTO, 2002, oxford green metallic with beige nappa exclusive, 79000 miles, £11950, Martin James Cars, Kent, 01795426700 (TRADE)

Z3, 1.9 Roadster Convertible 2d 1895cc, p180jmf, abs braking system, alloys, leather seats, electric windows & mirrors, central locking, deadlocks, asr traction control system, power steering, drivers airbag, electricdriver's seat, radio / cd, front foglights. black, 59150 miles, £7995, E-SSURED Cars UK, Broadstairs, 0845 6447751 (TRADE)

CADILLAC

CTS, cts 3.6 sport luxury v6, 2005, light platinum with black leather, 22379 miles, £12950, Martin James Cars, Kent, 01795426700 (TRADE)

CHEVROLET

AVEO, 2008, abs air con, anti theft protection cd player central locking clock driver airbag driver seat height adjustment electric front windows passenger airbag power steering radio tiltable steering wheel wiper rear window, poly silver, 25 miles, £8145, FGBarnes, Maidstone, 01622 755531 (TRADE)

KALOS, SX 5dr, central locking, immobiliser, power steering, electric mirrors/windows, air con, abs, cd, met paintwork, colour coded body, cloth, alloys, aluminium silver, 3000 miles, £5995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

MATIZ, SE Ac 5dr, air con, cd player, radio, power steering, abs, cloth upholstery, height adjustable seat, twin air bags, electric front windows, rear wash/wipe, remote central locking, remote alarm, blue, 1800 miles, £4595, Kings Highway Garage Ltd, 020 8855 4000 (TRADE)

TACUMA, CDX Plus, alarm, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, height adjustable seat, rear wash/wipe, metallic paintwork, abs, power steering, electric mirrors, air con, cd player, 15'' alloys, grey, 7000 miles, £4995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

CHRYSLER

300C, 5.7v8 auto estate, 2007, brilliant crystal met with dark and light slate gr, 10577 miles, £18950, Martin James Cars, Kent, 01795426700 (TRADE)

NEON, 2.0 LXI, 1995 (n), 95 (n) chrysler neon 2.0 lxi automatic, 5 door saloon, metallic green coachwork with contrasting grey velour trim, low mileage, service history, new mot, ew x 4, em, pas, air bags, original hi-fi, only 1 owner from new.just been serviced and new cam belt, new mot a snip at now £1495, metallic green, low mileage 57000 miles, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

PT CRUISER, lc57 fwz, air con, full leather, remote central locking, remote alarm, power steering, abs, electric windows, electric mirrors, powered folding mirrors, traction control, cruise control, twin air bags, privacy glass, adjustable steering column, height adjustable seat, cd player, radio, heated seats, centre armrest, rear wash/wipe, rear headrests, front fog lamps, alloy wheels, blue, 2250 miles, £7495, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

CITROEN

C-CROSSER, 2.2 HDi Exclusive 5dr, 2008, 2.2 hdi exclusive 5dr diesel estate, grey, 12000 miles, £17995, Barretts Citroen, Canterbury, 0845 3709768 (TRADE)

C1, 1.0i Vibe 3dr, 2006, 1.0i vibe 3dr hatch, red, 5721 miles, £5295, Barretts Citroen, Canterbury, 0845 3709768 (TRADE)

C5, 2.0HDi 16V VTR+ 5dr Diesel tourer, gf08wws, front electric windows, rear wiper, silver, 500 miles, £16995, Thames Group Tunbridge Wells, Tunbridge Wells, 01892 549766 (TRADE)

C8, 2.0 HDi 16V SX 5dr [136], 2007, 2.0 hdi 16v sx 5dr [136] diesel estate, silver, 8995 miles, £15995, Wilmoths Ashford, Ashford, 01233 640100 (TRADE)

DISPATCH, 815 Enterprise Refrigerated Chiller Freezer, ce56zvv, twin sliding doors, dual passenger seat, cd player, remote central locking, power steering, grp lined. gah equipment. electric standby available if required (optional extra), white, 18000 miles, £8500, BHRV, Sevenoaks, 01474 853034 (TRADE)

NEMO, 1.4 HDi X, 2008, 1.4 hdi x diesel, white, 1000 miles, £6995, Masters Citroen, Penge, 0208 659 0909 (TRADE)

RELAY, 1800 2.8 HDI LWB Hi-Roof, y558xda, side load door, bulkhead, dual passenger seat, radio cassette, power steering, white, 55200 miles, £2895, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

SAXO, 1.6i 16v VTS Hatchback 3d 1587cc (2000), 03, met blue, miles, £3999, Bob Fisher Garage, Ashford, 01303 814131 (TRADE)

FIAT

DOBLO, 8v Dynamic Hr, yx57pwn, grey, 1700 miles, £7495, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

DUCATO, 30 100 Multijet L2 H1, ej56jfg, remote central locking, cloth upholstery, ply-lined, side load door, dual passenger seat, low floor, barn doors, adjustable steering column, power steering, abs, air bag, cd player, electric windows, electric mirrors, white, 3000 miles, £7000, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

MAREA, TD 100 SX Weekend, 1998, red, 106000 miles, £995, County Car Sales, Dover, 01304 242324 (TRADE)

SCUDO, 2.0 JTD SX 3+3 Combi Window Van, cloth upholstery, 3-person rear seat, twin sliding doors, barn doors, dual passenger seat, adjustable steering column, power steering, abs, cd player, white, 37000 miles, £5000, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

STILO, 16v Active Sport 3dr, power steering, abs, trip computer, twin air bags, curtain airbags, cd player, radio, cloth upholstery, adjustable steering column, electric front windows, electric mirrors, remote central locking, remote alarm, ralloys, silver, 24300 miles, £3995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

FORD

C-MAX, Ghia (2005) 5-Dr 1.8 TDCi Lynx Stg 4 115 PS (-), 25/01/2006, black, 30933 miles, £7700, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

COURIER 1.8, 23/10/1998, white, 52421 miles, £34500, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

ESCORT, FLIGHT 1.6 5 DOOR HATCHBACK, 2001 x, metallic cherry coachwork with contrasting black cloth trim, service history with recent service, new mot, only one family owner from new, remote central locking, alarm, immobiliser, electric windows, tinted glass, sun roof, multiple air bags, abs brakes, original hi-fi. metallic cherry, 109000 miles, £1495, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

FIESTA, STYLE, 07 2007, it is still coverd by the ford warrenty, and does not need a mot for 2 years. it is in the very low tax and insurance goups. this must be very good value for a small 5 door car with less then 5 thousand miles. test drive available, finance subject to status, blue, £7295, Courtenay Cars, Charing, Ashford, 01233 714848 (TRADE)

KA, Luxury 3dr, ap04 ftj, air conditioning, full leather, cd player, radio, power steering, air bag, electric front windows, electric mirrors, rear wash/wipe, rear headrests, remote central locking, remote alarm, alloy wheels, black, 11600 miles, £4495, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

MONDEO, LX 1798cc 5 door, 2001, cd player abs brakes air conditioning central locking alarm driver's airbag multiple airbags power steering immobiliser electric windows, gloss whight, 100000 miles, £2295, Northdown Road Motor Company, Margate, 01843 290890 (TRADE)

MUSTANG, 3.8 v6 coupe, 1995, silver, 23579 miles, £5495, County Car Sales, Dover, 01304 242324 (TRADE)

RANGER, Supercab 2.5 TD 4X4, av05hlz, remote central locking, cloth upholstery, centre armrest, adjustable steering column, power steering, abs, air bag, air conditioning, electric mirrors, electric windows, radio cassette, 4x4, x2 rear seats. hard top. load liner. white, 32000 miles, £4495, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

HONDA

ACCORD, Type-V, y915 mrx, front fog lamps, remote central locking, alarm, full leather, electric seats, height adjustable seat, adjustable steering column, rear headrests, electric mirrors, electric windows, air conditioning, climate control, radio cassette, twin air bags, electric sunroof, abs, power steering, alloy wheels, green, 54600 miles, £2995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

CIVIC, SE I-Dsi I-Shift 5dr, hg57mkm, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, height adjustable seat, folding rear seats, rear wash/wipe, metallic paintwork, abs, multiple airbags, power steering, electric front windows, air conditioning, cd player, aluminium silver, 7000 miles, £10995, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

STREAM, 7 seater SE sport, remote central locking, cloth upholstery, power steering, air bag, air con, climate control, colour coded body, metallic paintwork, electric mirrors, electric windows, cd player, radio, anti-theft system, central locking, front fog lamps, yes this one comes with the desireable 7 seater option. green, 79000 miles, £3699, Marshams, 01622 200 100 (TRADE)

HYUNDAI

ACCENT, Gsi 5dr, immobiliser, cloth upholstery, head restraints, power steering, air bag, colour coded body, metallic paintwork, rear wash/wipe, stereo, aluminium silver, 60000 miles, £2699, Marshams, Maidstone, 01622 200 100 (TRADE)

AMICA, CDX 5dr, 5058314, aluminium silver, 5000 miles, £4995, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

COUPE, 2006, silver, 25000 miles, £7995, WJ King Vauxhall, Farningham, 01322 862366 (TRADE)

GETZ, Gsi SE 3dr, en06 fdk, power steering, abs, cd player, radio, twin air bags, electric front windows, rear wash/wipe, rear headrests, cloth upholstery, central locking, red, 26800 miles, £3995, Kings Highway Garage Ltd, 020 8855 4000 (TRADE)

TRAJET, Gsi 2.0 Man, gx04lsz, remote central locking, cloth upholstery, head restraints, power steering, air bag, colour coded body, metallic paintwork, rear wash/wipe, electric windows, air conditioning, cd player, radio, aluminium silver, 50000 miles, £3999, Marshams, Maidstone, 01622 200 100 (TRADE)

MG

MGF, Sports, 1045461, remote central locking, full leather, power steering, air bag, colour coded body, metallic paintwork, electric windows, cd player, radio, 15'' alloys, tahiti blue, 43000 miles, £3499, Marshams, Maidstone, 01622 200 100 (TRADE)

TF, Sprint RT Sport Sports, remote central locking, alcantara leather, half leather, head restraints, power steering, air bag, colour coded body, metallic paintwork, electric windows, cd player, stereo, 15'' alloys, platinum silver, 5800 miles, £5999, Marshams, Maidstone, 01622 200 100 (TRADE)

ZR, 105 3dr, remote central locking, cloth upholstery, head restraints, power steering, air bag, colour coded body, metallic paintwork, rear wash/wipe, air conditioning, cd player, stereo, central locking, immobiliser, folding rear seats, grey, 83000 miles, £2999, Marshams, Maidstone, 01622 200 100 (TRADE)

SKODA

FABIA, 1.2 Classic 5dr, 2004, 1.2 classic 5dr hatch, black, 37222 miles, £3695, Masters Citroen, Penge, 0208 659 0909 (TRADE)

ROOMSTER, Roomster2 16v, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, folding rear seats, head restraints, metallic paintwork, rear wash/wipe, abs, multiple airbags, power steering, electric front windows, electric mirrors, air con, cd player, 15'' alloys, grey, 400 miles, £9995, Automatically Ray Morris (Welling), 0208 303 4030 (TRADE)

TOYOTA

AURIS, 1.6 VVTi T Spirit 5dr, 14/04/2007, cd player, blue, 19431 miles, £9000, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

COROLLA, VIDA VVTI, 2000, red, 0 miles, £2695, County Car Sales, Dover, 01304 242324 (TRADE)

YARIS, 1.0 16v VVTi GLS 5dr [AC], 28/03/2002, cd player abs driver airbag power steering, silver, 71246 miles, £3500, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

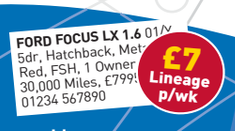
TVR

350I TASMIN (WEDGE), 1989 (f), 350i convertible, stunning dark met blue coachwork with contrasting cream leather sports trim with blue piping, black mohair soft top, huge ground up nut and bolt restoration with all photo's to prove, no expense spared, big brake conversion, goodrich hoses etc, original service books, ew, em, quality cd hi-fi, alloys, only 3 former keepers. Summer bargain at £4995, metalic blue, 70,000 miles, £4995, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

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Buy 2 weeks and get the 3rd FREE

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Lineage
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Max. 25 words



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Max. 25 words



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- AGRICULTURE, FORESTRY, ENVIRONMENT
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- CONSTRUCTION, ARCHITECTURE, SURVEYORS
- CUSTOMER SERVICE, CALL CENTRE
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- EDUCATION, TEACHER, SCHOOL
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- ESTATE AGENCY, PROPERTY
- GRADUATE, TRAINEES
- HEALTH AND SAFETY, SECURITY, DEFENCE
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- MANAGEMENT, SENIOR POSITIONS
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- PRINT, PACKAGING, DISTRIBUTION
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- RETAIL, WHOLESALE, SALES
- SCIENTIFIC AND PHARMACEUTICAL, RESEARCH
- TRANSPORT, LOGISTICS, AVIATION

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Deal Town Council

Town Hall, High Street, Deal, Kent CT14 6BB Tel No: 01304 361999

TWO VACANCIES

Deputy Premises Officer

20 hours per week worked flexibly. Salary £6.53 per hour

To appoint a Deputy Premises Officer to assist in an expanding area of work within the council. Embracing, booking and invoicing plus subsequent attendance at events, along with caretaking and the overseeing of the council's allotments. The post holder will need to be flexible as much of the work takes place in the evenings and at weekends. The successful candidate needs to be physically fit and should ideally have some relevant experience as well as being conversant with Microsoft IT packages. The council seeks to be a quality employer but parts of the Town Hall are difficult to access for the disabled.

Closing date for applications:

12 noon Friday 20 March 2009 – Interviews will be on the **morning of Friday 27 March 2009**

Deal Saturday Market Officer

Part Time post – 10 hours per week. Salary £7.34 per hour

(This involves unsocial hour working)

To appoint a Market Officer who will oversee an increasingly busy market and has to work mostly on their own initiative to agreed protocols. A flexible approach to working hours is needed as well as a patient attitude to stallholders and public. Apart from the actual market day, during the week the duties require the officer to be available via a mobile phone to deal with enquiries and stallholder bookings. Record keeping is an important part of the duties. The post holder will need to be physically fit and ideally conversant with Microsoft IT packages.

Closing date for applications:

12 noon Friday 27 March 2009 – Interviews will be on **Friday 3 April 2009**

For an application pack contact:

Deal Town Council, Deal Town Hall, High Street, Deal, Kent CT14 6BB

Tel: 01304 361999 or Email: dealtowncouncil@deal.gov.uk

Community Drug Workers

£21,244 – £27,492 + ESSENTIAL CAR USER ALLOWANCE UP TO £1,095

EAST/WEST KENT AND MEDWAY

KCA (UK) is an expanding and vibrant organisation providing a wide range of high quality and innovative specialist services in the drug, alcohol and mental health sectors.

Could you help chaotic injecting drug users to stabilise their use and begin shaping better lifestyles? It is a big challenge that will see you work closely with medical staff as you deliver assessment and key worker support to people accessing the substitute prescribing service.

Significant experience of working with individuals with drug related problems is desirable, along with a qualification to diploma level in a relevant area – nursing, counselling or social work for example. As for your future, there is the opportunity to make a huge impact on people's lives and help grow our services into the future working as part of a multi-disciplinary team.

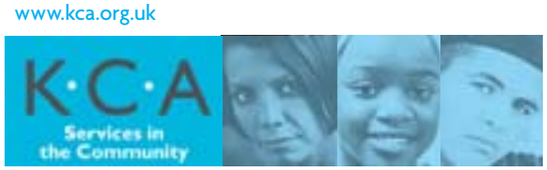
For further information and an application form email recruitment@kca.org.uk or write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT. Alternatively, call 01795 590635. Please quote ref: 553

Closing date: 13 March 2009.

Interview date: 1 April 2009.

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse. Charity no: 292824.

www.kca.org.uk



THE ROYAL SCHOOL for DEAF CHILDREN MARGATE

Band 6 Occupational Therapist

Our Occupational Therapy Service has a vacancy for an enthusiastic Occupational Therapist. The post would require 32 hours a week during term time with an additional six negotiated days out of term time hours.

The Royal School for Deaf Children and Westgate College for Deaf People are a specialist residential school and college for children and young people who are d/Deaf, many have additional complex needs, including learning difficulties and behavioural difficulties. We also have a Community Living provision for adults with similar conditions.

For further information or informal visit (strongly recommended) please contact Stephen Webb, Occupational Therapist at:

Royal School for Deaf Children,
Victoria Road, Margate, Kent, CT9 1NB.
Telephone: **01843 222454.**
Email swebb@royalschoolfordeaf.kent.sch.uk

Please telephone Diane Kirrage, HR Administrator on **01843 222429** for an application form.
Closing Date: Friday 27th March 2009

Music/Play Worker - Disability Specialist

Pie Factory Music are seeking a creative and energetic individual with enthusiasm for a range of musical styles to work across East Kent with disabled children and young people, involving them in creating music. You will plan and deliver a wide range of music making sessions, courses and play activities for children with a range of abilities. This will include the use of specialist sound beam equipment (training provided).

You will be qualified to NVQ3 in music/youth/play work or equivalent. Previous experience with disabled children preferred.

You will need to be mobile and able to deliver sessions across East Kent. Skills in non-verbal communications systems, e.g. BSL, Makaton, PECS, etc., would be an advantage.

For more information and an application pack, please call **Steve Kreeger** on **01843 596777** or e-mail **steve@piefactorymusic.com**.

To find out more about Pie Factory Music, visit www.piefactorymusic.com

Closing Date: **31/03/09**

SCREEN SOUTH

The Regional Screen Agency for the South East of England has opportunities at both its offices

Headquarters – Folkestone

EDUCATION & YOUTH PROJECTS CO-ORDINATOR PART TIME

£18,000 - £22,000 Pro Rata Depending on experience

Up to 28 hours per week Fixed Term Contract
A Media Box Supported Role

Closing date: 26 March 2009 Interviews will be held on: 06 April 2009

Film Commission – Pinewood Studios

FILM COMMISSION ASSISTANT

£14,000 - £16,000 Depending on experience

Closing date: 01April 2009 Interviews will be held on: 09 April 2009

For job specification or further information please see our website www.screensouth.org or contact Vanessa Cook

Please send current CV and letter of motivation including where you saw the ad to vanessa.cook@screensouth.org or
Screen South, The Wedge, 75 – 81 Tontine Street, Folkestone, Kent CT20 1JR
T: 01303 259 777 F: 01303 259 786
www.screensouth.org

Screen South are an equal opportunities employer and have achieved Investors in people status.

UK FILM COUNCIL LOTTERY FUNDED

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Require SIA Licensed Door Supervisors

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Please Call **Chris** on **01277 355088** or **E MAIL CV** to **Doorbird1957@aol.com**

Immediate Start available

CHEF

Required at small restaurant in Dover. Experience preferred.

For more information please call Ian on **01304 209444** or email:
groombridge77@o2.co.uk

AMAC

Amac Dynamic Training offers training and career development to fitness professionals. Courses on offer include NVQs, bespoke in-house training, fitness professional courses ranging from levels 1-3. Amac is committed to Equality and Diversity.

14-19 Programme Manager (Full time up to £31k pa) Canterbury

The successful candidate will work closely with the management team, tutors and operational staff to ensure the design, development, management and implementation of programmes is of a consistently high standard. You would be highly skilled in developing and maintaining effective relationships with key partners and stakeholders. We are looking for inspirational and committed individual, who can show excellent interpersonal, communication and influencing skills. Applications are welcome from experienced candidates, and will hold a DTTLS teaching qualification (Certificate in Education or equivalent), together with an interest in sports and fitness and curriculum development for the 14-19 age range.

How to Apply

Please contact Amac for an application form, full job description, candidate requirements, anddetails of salary and benefits for position. Contact info@amactraining.co.uk or 01227 831 840. Alternatively e-mail your C.V. with a covering letter, or post it to:
Amac, 2 Denne Hill Business Centre, Womenswold, Canterbury, CT4 6HD
Closing Date: 25 March 2009 Interview Date: 31 March 2009



PROJECT COORDINATOR

for Market Research Company (Healthcare)
Based outskirts of Sittingbourne.
Excellent Telephone, Organisational,
Admin and Communication Skills Essential.
Training will be given, no healthcare experience necessary.
Salary £15,000 - £17,000

Apply by email to info@medicysltd.co.uk
Or write to:
Medicys Limited, Broad Oak Enterprise Centre, Broad Oak Road, Sittingbourne, Kent ME9 8AQ

Full Time **MANAGER**
Required for Boutique in CHISLEHURST. Previous Retail Experience Essential.
Call Ben or Michele
0208 316 6842
info@davinashoes.co.uk

SUPPORT STAFF AND TEAM LEADERS
Required for our autism specific service in Folkestone. NVQ qualification preferred although not essential.
Please call Tom on 01303 251618/01303 259561 for more details. Salary £6 + per hour.

INVESTOR IN PEOPLE

THANET Leisure Force "YOUR RETURN IS OUR REWARD"

Duty Manager
Ramsgate Pool

40 hours per week, shift work including weekends, evenings and early mornings.
£14,622 to £17,056 per annum dependant on experience, plus call out enhancement.
Other benefits include staff discount scheme and contributory pension scheme.
For further details including a full job description, person specification and application form please call 01843 227959.

Closing date for completed applications is Tuesday 10th March 2009

Campaigns Manager (Web)
£26,000 DOE

Visit Kent

Visit Kent is the official tourism marketing body for Kent. We are a public / private sector partnership with over 80 stakeholders supporting Kent's £2.5bn visitor economy.

We are seeking an energetic and experienced Web Manager to join the marketing team based in Canterbury. Working as part of a small team, you need website management and development experience to lead on our web and online marketing activity. A passion for Kent and enthusiasm for destination marketing are essential.

Visit www.visitkentbusiness.co.uk for more details of the position and application details, or contact Nina Dietrich on 01227 862787 or nina.dietrich@visitkent.co.uk

CAREERS IN HEALTHCARE ACROSS EAST KENT

NHS
Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages available, occupational sickness benefit, car scheme for eligible staff, occupational health service and enhanced maternity pay.

PA to Head of Business Management Service (🚗)

Band 3: £14,834 - £17,732 per annum **Ref: 767-EMY880**
Trinity House, Eureka Business Park, Ashford

An interesting and exciting post has arisen in Business Management Services supporting the Head of Service with secretarial and administrative duties. You will be a self motivated and able to work under your own initiative. You will have excellent secretarial/computer skills, and be able to provide general administrative support. You will need excellent communication skills dealing with NHS colleagues at all levels.

Trinity House is a modern friendly office, a short drive from the centre of Ashford. For an informal chat call Frances Outrim on 07500108715.

Previous applicants need not apply.

Completed applications by: 5 March 2009.

Sites Project Manager x2 (*) (🚗)

Band 8a: £37,106 - £44,527 per annum **Ref: 767-EMY897**
Trinity House, Eureka Business Park, Ashford

Your focus will be on supporting the development of the Sites and Facilities Management services, providing expert project management to a range of Estates-focused activities. In particular, you will develop robust systems and processes for the acquisition of new premises, as well as link with Heads of Service and lead clinicians to devise Estate solutions to meet service and clinical needs. You will also act as a source of expert specialist and professional Sites & Building related advice.

Educated to Masters Degree or equivalent, you will have a proven track record as a senior manager with practical and substantial experience in Estates-related project management. You will also have detailed knowledge of relevant legal requirements, together with an understanding of NHS financial processes. In addition, you will be effective in managing change and directing multi-disciplinary teams.

For an informal chat call David Ambrose on 01223 667705.

Completed applications by: 12 March 2009.

Senior Physiotherapy Assistant (*)(🚗)

Band 4: £17,316 - £20,818 per annum pro rata **Ref: 767-EKB894**
Swale Local Office, Sittingbourne
Part Time: 15 Hours per week

Due to successful funding we are looking for a senior physiotherapy assistant to join our expanding service. The post will be based in the Swale Local Office, Sittingbourne, and cover the Swale locality. You will be part of an integrated multidisciplinary team including nurses, care managers, occupational therapists and speech and language therapists.

The successful candidate will provide support to the Senior Physiotherapist as well as holding their own case load. We offer strong support from both the multidisciplinary team and physiotherapy service.

Due to the nature of this role, it is essential that the post holder holds a full UK driving license and have access to a suitable vehicle for business purposes. An enhanced CRB check will also be completed.

For an informal discussion or visit please contact Tony West Senior Physiotherapist or Jackie Smith Team Manager on 01795 418760.

Closing date: 12 March 2009.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

(🚗) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit www.eastcoastkentpct.nhs.uk

We are an equal opportunities employer committed to safeguarding children and vulnerable adults

Career Opportunities

Canterbury College

Canterbury College is an equal opportunities employer

Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Section Manager Construction Craft ***08/12***
37 hrs per week, salary starting at £33,858 per annum

Section Manager Dental Nursing, Social Care and Counselling ***06/110***
37 hrs per week, salary starting at £33,858 per annum

Acting Section Manager NVQ's and Professional Studies, Dental, Nursing, Social Care and Counselling ***09/02***
37 hrs per week, salary starting at £33,858 per annum. Fixed Term post ending 31 July 2009

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation ***09/04***
37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation ***09/04***
37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Lecturer Key Skills (to Automotive Engineering students) ***07/30***
37 hours per week, salary range £18,387 – £26,363 per annum

Supply Lecturer Community Development ***S/CD***
Various hours available, salary range £18,387 – £26,363 pro rata per annum

Advanced Practitioner ***02/128***
37 hrs per week, salary starting at £33,858 per annum

Business Publicity Officer ***09/09***
18.5 hrs per week, salary starting at £16,914 pro rata per annum. One year fixed term post

Trainer Demonstrator Sculpture/3-D Design Art & Design ***09/08***
37 hrs per week, salary starting at £18,963 per annum

Trainer Demonstrator Preparation for Life & Work ***06/179***
37 hrs per week, 40 weeks term time, salary starting at £18,963 pro rata per annum

Temporary Enrolment Records Assistants ***TERA (1-4)***
4 posts at 18.5 hrs per week, salary starting at £15,085 pro rata per annum.
Temporary posts starting 01 June 09 and ending 31st October 09

Administrator - Central Administration ***07/48***
27 hrs per week, salary starting at £15,085 pro rata per annum

Learning Resources Assistant – Book Shelver ***LRCA6***
10 hrs per week, 38 weeks term time, salary £13,711 pro rata per annum (fixed point)

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Positive About Disabled People

Staff benefits include:

- ***Pension & Life Assurance Scheme***
- ***Proximity to main bus & train stations***
- ***Close to City Centre***
- ***Sports Hall & Gym***
- ***Generous Holiday Allowance***
- ***Staff Discount Scheme***

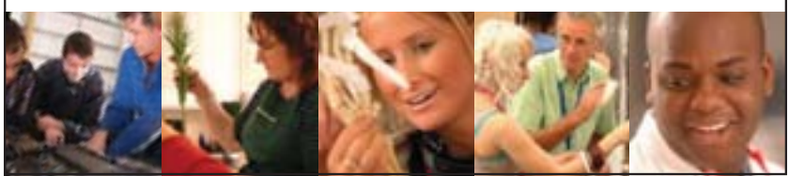
INVESTOR IN PEOPLE

The closing date for the above posts is Monday 16th March 2009 at 12 noon

European Union
European Social Fund
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CLICK
www.canterburycollege.ac.uk/job-vacancies

CALL
01227 811282 (24 hr answerphone)



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The smart way to find a job in the County

CAREERS IN HEALTHCARE ACROSS EAST KENT

NHS
Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages, occupational sickness benefit, car scheme for eligible staff, occupational health service, and enhanced maternity pay.

Health Promotion Practitioner - Stop Smoking x2 (*)(🚗)

Ref: 767-ECL907

Band 5: £20,225 - £26,123 per annum

Whitfield Court/East Kent Hospitals University Trust

Health Promotion Specialist - Stop Smoking (*)(🚗)

Ref: 767-ECL908

Band 6: £24,103 - £32,653 per annum

Whitfield Court/East Kent Hospitals University Trust

Would you like to help people to stop smoking?

Are you interested in improving peoples' health? If you are, then we may have the right job for you. The Stop Smoking Service provides a free service to all smokers who want to stop, in locations across Eastern and Coastal Kent.

A new service for smokers is being set up within the East Kent Hospitals University Trust and the successful applicants would be part of an exciting initiative to make a real difference to people's health at a time in their lives when they most need support to quit smoking.

The posts will cover each hospital in the Trust and will be managed and supported within an experienced and expert team, with an office base at Whitfield Court, Dover. You should have the flexibility to work at each venue as necessary.

You will join a lively and committed Stop Smoking Team which carries the responsibility for developing and delivering services, including individual one-to-one and group sessions. You will join the service at a time of expansion and challenge in order to contribute to the achievement of local and national stop smoking targets.

Excellent communication skills and an understanding of motivational interviewing techniques and/or counselling skills are essential. Relevant work experience may include: general nursing, health visiting and midwifery, smoking cessation, counselling, addiction services or experience involving substantial interpersonal and communication skills. An understanding of the issues around stopping smoking will be an advantage but is not essential, as training will be given. Experience of working with minority groups will be an advantage. You will be expected to work flexibly and on your own initiative, within an agreed framework, as well as being part of a team. The post will involve extensive travel: travel expenses incurred in the course of your duties will be reimbursed.

For an informal discussion please contact Stop Smoking Service Lead - Jane Blinston-Jones: 01304 828713 - Office or 07825 732028 - Work Mobile.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

(🚗) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit

www.easternandcoastalkent.nhs.uk

Closing date: 19 March 2009.

We are an equal opportunities employer
Committed to safeguarding children and vulnerable adults

Find your way back to work

Take the first step, visit www.jobcentreplus.gov.uk
or for a leaflet call 0845 850 88 80
(Typetalk 18001 0845 850 8880)

Skills Jobs Benefits

jobcentreplus

Real help for jobseekers now

HM Government

Lines open Monday to Friday 8am to 8pm and Saturday and Sunday 9am to 5pm. As at September 2008, calls to 0845 numbers from BT land lines should cost no more than 4p a minute with a 7p call set-up charge. You may have to pay more if you use another phone company or a mobile phone, or if you call from abroad. Our textphone / typetalk numbers are for people who cannot speak or hear clearly. If you don't have a textphone / typetalk, you could check if your local library or citizens advice bureau has one. Textphones / typetalk don't receive text messages from mobile phones.

DOVER IMMIGRATION REMOVAL CENTRE >

HM PRISON SERVICE
Public Sector Prisons

EXTRAORDINARY JOBS. EXTRAORDINARY WORKPLACE.

KITCHEN ASSISTANTS
£16,506 RISING TO £18,055

With more than 50,000 staff, the Prison Service recognises the importance of achieving through our people. Right now, we're implementing ambitious modernisation plans throughout our operation. If you're looking for a rewarding career, there is no better time to join us.

Dover Immigration Removal Centre provides secure but humane accommodation for appellant and failed male asylum seekers aged over 18. The regime offers as much freedom of movement and association as possible and encourages detainees to make the most productive use of their time while respecting their dignity and right to individual expression.

It's here that you'll make sure meals are produced to recipe specifications and standards. You'll also handle light and heavy cleaning of the kitchen itself as well as cooking equipment, and see to it that detainees in your span of control receive the necessary training for them to work effectively. In addition, you'll issue and receive stores, serve food, and help produce meals for any special medical, religious or cultural diets.

You will need a City & Guilds 706/1 or NVQ Level 1 or equivalent plus Primary/Level 1 Food Hygiene, and should be keen to be trained to NVQ Level 2 Catering if you don't already have it. Experience of working in an industrial kitchen would be ideal, but we can train you in that too.

To apply, please email kent-sussex-area-recruitment@hmps.gsi.gov.uk or visit our website www.hmprisonservice.gov.uk

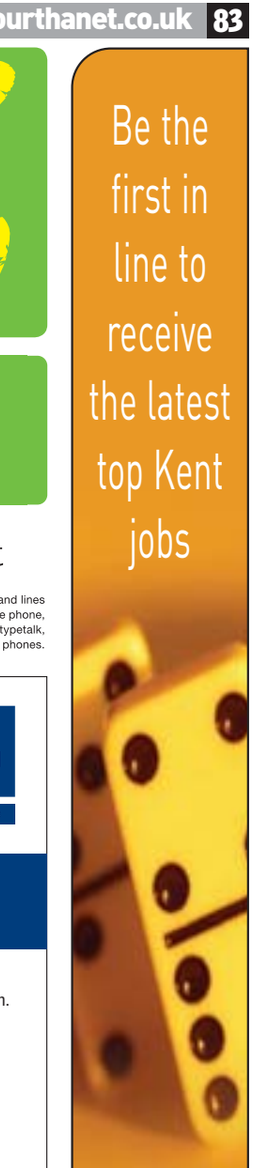
The closing date for receipt of completed applications is 27th March 2009.

Applicants will be required to declare whether they are a member of a group or organisation, which the Prison Service considers to be racist.

Part-time working or job sharing will be considered.

The Prison Service is an equal opportunities employer. We welcome applications from candidates regardless of ethnic origin, religious belief, gender, age (subject to being within the normal retirement age for the grade), sexual orientation, disability or any other irrelevant factor.

Ministry of JUSTICE
National Offender Management Service



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The smart way to find a job in the County

POWERED BY
KOS MEDIA

ARCHERS COURT MATHS & COMPUTING COLLEGE

Whitfield, Dover, Kent. CT16 2EG
Tele: 01304 820126 Fax: 01304 821915
e-mail: office@archers-court.kent.sch.uk
Web site: www.archers-court.kent.sch.uk

Maths & Computing

Required for September

MUSIC GRADUATE

to achieve qualified teacher status via the one year Graduate Teacher Programme

Annual salary £19,058

Archers Court is a Specialist 11 – 18 College for Maths and ICT
OFSTED judged us to be GOOD in all categories,
making us the highest rated non selective school in the Dover area.

This is an exciting opportunity for a graduate who would like to be trained and qualify as a teacher.

An application pack is available from the school.

The closing date for applications is Friday, 13 March 2009
Interviews will be held week commencing Monday, 16 March 2009

PUBLIC NOTICES

KENT COUNTY COUNCIL

THE MARRIAGE ACT 1949 AND CIVIL PARTNERSHIP ACT 2004

Approved Premises for Civil Marriages & Civil Partnerships
An application has been made to Kent County Council to grant a renewal of an approval for the following premises to act as a venue for the solemnisation of civil marriages and civil partnerships:-

Name of Premises: **Theatre Royal, Addington Street, Margate**
Applicant: **William Wollen**

The application and plan of the premises may be inspected at the address below during normal office hours. Any person may give notice in writing of an objection to the renewal of the grant of approval, together with the reasons, within 21 days from the date of this newspaper. Objections should be sent to the address below.

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Regulatory Services
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County Hall
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Picture IGOR KUPCO



DRUBBING: Cliftonville's men were well beaten at home by Ashford on Saturday and so were Cliftonville ladies

Ville take a beating from Ashford

HOCKEY

AN IMPRESSIVE goal from Rachael Ruocco-Buchanan wasn't enough to spare Cliftonville ladies from a 2-1 defeat at home to Ashford on Saturday.

The Ville fell behind in the dying seconds of an even first half when a shot was deflected in off Kerry Constantine's face mask, but they drew level in the second period after Julie Cobb picked Ruocco-Buchanan out at the top of the D and she smashed the ball into the backboard.

But the home side were unable to convert a number of chances and after a strong shout for a penalty flick was turned down, they were left to rue an Ashford winner.

The men's 1st team were thumped 5-1 at home by Ashford.

After a tight opening spell Ville's defence conceded two quick goals to go 2-0 down at the break.

For the first ten minutes of the second half Ville took charge and pulled a goal back. However, the home side conceded at a short corner before two late goals sealed only their second defeat since Christmas.

They at least had a better afternoon than the 2nds, who travelled to Gore Court 4ths and were hammered 8-1.

Dave Burney twice put the 3rds in front against Ashford, but they lost 3-2 after the visitors struck twice in the second half.

The Men's 4ths won 3-2 at Wellcome 2nds, while the ladies 2nds lost 3-0 at Meopham.

Dane Court advance to dodgeball finals

EXPERIENCE held sway at Ramsgate's Marlowe Academy when Dane Court's A and B teams advanced to the finals of the local Dodgeball championships.

The Broadstairs-based school clearly benefited from having an established Dodgeball club, though surprisingly the B team enjoyed an emphatic win in the final.

The event allowed children who don't normally shine at school sport to take part. "My child never thought he would get a chance to play for the school at any sport and he is chuffed to have had the opportunity," one parent said afterwards. "It has been a real boost to his confidence."

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Gills boss Mark Stimson discusses who his upcoming loan targets are

Report will shed light on Gate game

THE Ryman League is waiting to receive the referee's report of the abandoned game between Canvey Island and Margate before deciding whether to award Margate three points.

Margate were winning 4-0 with eight minutes of last Tuesday's fixture remaining when a power cut knocked out the floodlights. With the ground in complete darkness the referee had to abandon the game, leaving the visitors with an anxious wait to see if the result will stand.

The league could alternatively order the game to be replayed. A decision is expected some time this week – both sides will have the right to appeal.

PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT glenn.pearson@kosmedia.co.uk



Picture DAVE STEWART

PRESSURE POINT: Jay May scored once from the penalty spot but saw a second attempt saved as Rams twice came from behind to earn a draw at promotion hopefuls Carshalton

Rams left to count the cost of striker's missed penalty

FOOTBALL

BY KEVIN BARHAM

ON THE face of it, a point at high-flying Carshalton, courtesy of a late equaliser from Simon Pettit, represents an excellent result for Ramsgate, but a missed penalty by Jay May cost them the chance of pulling off a major upset.

The Rams made the better start at the War Memorial Ground and went ahead after just 17 minutes, when Nick Davis was brought down in the box and May struck the resulting penalty straight down the middle.

Athletic were level within two minutes however, when Charlie Ide's shot was deflected in off Dan Tanner.

Only a goal line clearance then denied Ryan Royston a second goal for the Rams, but Ide then hit the post for the home side, before Bashir Alimi made it 2-1.

On 27 minutes George Purcell was tripped by Simon Cooper in the area, giving May another penalty, but his bluff was called by the home keeper Phil Wilson.

Guessing May would repeat his earlier trick, Wilson simply stood still and palmed his shot over the bar.

Yet just three minutes later a Pettit long throw found Steffan Ball unmarked in the box and he drew the Rams level with a fierce effort.

The second half continued in the same gung-ho fashion until Carshalton took what looked like a decisive lead with ten minutes to go, Richard Jolly tucking a long punt from Wilson under Jamie Turner.

However, with just two minutes to play Wilson fumbled a flick-on by Royston and Pettit slid the ball into the empty net.

The goal seemed to have been disallowed by the linesman for an apparent handball, but after a lengthy discussion he was overruled by the referee, handing the visitors a fully deserved point.

A Carshalton fan attempted to throw lager at the referee after the final whistle and as a result has been banned from attending home matches by the Surrey side.

Carshalton Athletic 3
Ide 19, Alimi 24, Jolly 80

Ramsgate 3
May 17 pen, Ball 30, Pettit 88

Ramsgate starting XI



Subs used: Brown (Hadden 82) Graham (Schulz 85)

Slack defending leaves Gate boss feeling Blue

FOOTBALL

BY YOURTHANET REPORTER

Margate 2
Osborne og 39, Pratt 66

Dartford 2
Osborne 59 pen, Gross 78

ABSENTEE defending cost Margate the chance of victory in a pulsating Kent derby at Hartsdown on Saturday, with Terry Yorath's side left to rue a 25-yard equaliser just 12 minutes from time.

Margate's luck initially showed no sign of improving. Following the midweek farce at Canvey when the floodlights failed with the Gate winning 4-0, they lost Luke Wheatley to a hip injury in the warm-up.

Fate, however finally smiled on the home side six minutes before the interval, when they took a deserved lead in comical fashion.

There seemed to be little danger as Darts keeper Andrew Young advanced on a loose ball, but his clearance hit Tommy Osborne and rebounded with such force it ended up in the net, over 30 yards away.

Within a minute Liam Harwood nearly doubled the lead with a long-range lob that Young just pushed wide, but Dartford looked a far better side after the restart and equalised on 58 minutes.

Wayne Wilson was penalised for handball in the area and Osborne this time scored at the right end.

Margate regained the lead on 66 minutes with a brilliant strike from Kenny Pratt, who volleyed in from 15 yards after an initial effort from Peters was parried by Young.

The Gate were 12 minutes from victory when they fatally allowed Adam Gross to advance down the right and pick his spot with a 20-yard shot that found the far corner.

"He could have taken another ten minutes to have a shot, because our defenders never closed him down," Yorath reflected ruefully.

Yet Margate might still have snatched a winner as Wilson missed by a yard with three minutes left and in injury time Joe Healy shot over from 12 yards, before Peters sent the final chance just over.

Margate starting XI



Subs used: Ohakam (Stubbs 81) Bailey (Pratt 77)



Picture: DAVE STEWART

MISS: Joe Healy had one of a succession of late chances



ON COURSE: Royal Cinque Ports will share the new amateur championship with Royal St George's

Clubs join together to host new event

GOLF

THE best amateur golfers in the country will become regular visitors to east Kent from next year after two of the county's most historic clubs joined forces to host a new event.

Royal St George's in Sandwich and Deal's Royal Cinque Ports have agreed to stage the annual South East Of England Links Championship. The inaugural 72-hole competition will be held in May 2010.

After playing one round at each course the field will be cut to 40 ahead of the final 36 holes at St George's, played over a single day. The format will alternate, with Cinque Ports staging the final rounds in 2011.

In addition to the championship, the HRH The Prince of Wales Challenge Cup and The St George's Champion Grand Challenge Cup will be awarded to the individuals with the lowest scores in each of the first two rounds.

The announcement is the latest in a series of good news for golf fans in the county. The Open returns to St George's in 2011, while The London Club will again host the European Open this summer. Last month Prince's Golf Club in Sandwich announced it was holding a PGA EuroPro Tour event in June.

Thanet complete league double over Kent rivals

RUGBY

Thanet Wanderers 33 Maidstone 21

THANET Wanderers weathered a spirited second half resurgence from rock bottom Maidstone to seal only their sixth victory of the London 2 South campaign on Saturday.

Tries from Pete Macaulay, Stuart Plumridge, Richard Eldridge and Tom Ash set up the win, which completed the league double against their Kent rivals.

The visitors were forced into a last-minute change when Martin Arnold was injured in the warm-up. It prompted a reshuffle in the backs which appeared to disrupt Maidstone early on.

Wanderers seized the initiative and Eldridge had already kicked a penalty when Macaulay dived over for the opening try early on. Eldridge kicked the conversion to make it 10-0.

Maidstone missed a good chance of their own and were left to rue the mistake when Thanet scored with their next attack as Ash fed Plumridge. On 30 minutes the visitors finally got on the scoreboard. From a five-metre scrum Tommy King looped round to touch down in the corner.

Eldridge added another penalty and the fly-half added Thanet's third try himself. His conversion gave the hosts a commanding 25-5 lead at the break.

Maidstone, who have been on the end of several heavy defeats this season, might have crumbled but they emerged a different side in the second half.



Picture: DAVE STEWART

OPENER: Pete Macaulay in action for Thanet on Saturday

A hat-trick of penalties narrowed the gap but just as they were establishing themselves Ash relieved the pressure with Thanet's fourth try.

Maidstone scored a try five minutes from time, but Eldridge had the final say with a late penalty.

Wanderers play second-placed Cobham on Saturday.

FOOTBALL



Picture: IGOR KUPCO

RESCUE? Margate have made a share issue

Margate hoping that a problem shared is a problem averted

MARGATE have announced a new share issue as they try to stave off the financial crisis at Hartsdown Park.

"The directors must now set in place a financial structure that will enable the club to continue to compete at the highest level possible," a statement on the club's website said. But the club also admitted they were depending on revenue from a proposed medical centre at Hartsdown to pay the tax man.

Thanet District Council's decision to refuse planning permission for the centre scuppered this idea.

"The refusal of the consent for a medical centre has put the club under extreme pressure as the club relied upon approval in order to release the funds to pay off HMRC by the end of April 2009," the statement continued. "These funds were to be provided by our development partner, London & Margate Development Ltd. Whilst L&M remain fully committed to the redevelopment, they will not be able to provide the final payment as the consent was not granted."

The club have been forced to concede there will be a lengthy delay before the development of Hartsdown can continue.

In an attempt to stabilise the club's finances and satisfy the Inland Revenue, the club have increased their share capital from 500,000 shares to one million.

Existing shareholders will be offered first refusal, but any remaining shares will then go on general sale, with the funds generated going into a ring-fenced account.

If the plan fails to raise enough money to pay the Inland Revenue, these shareholders will be offered their money back.

The club tried to put a brave face on the news, saying: "Survival still remains very much in our own control and no one at the club will concede our position without the mother of all fights."

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